

Children's Mental Health Week

This week St Benedict's has been raising awareness of the importance of looking after our Mental Health. This week is Children's Mental Health week and the charity Place2Be have now been running these weeks annually for five years. Today our non-uniform day and 'wear something green' focus raised money for Children's Mental Health, along with cake sales. In addition to this our assemblies this week have been raising awareness of issues surrounding mental Health. Thank you to all involved in setting this up.

Saint Josephine Bakhita

Today we also remember Saint Josephine Bakhita who was born in 1868 in Darfur, Sudan and sold into slavery at the age of 9. She died in Italy in 1947 and was canonized on 1st October 2000. Her feast today has been designated as the International Day of Prayer to Stop Human Trafficking.

'The Lord has loved me so much: we must love everyone, we must be compassionate'
(Saint Josephine Bakhita)

Pilgrimage to Rome

Our pilgrims returned this week after an excellent short trip away. My thanks to all who organised the pilgrimage who deserve a good rest this weekend! More about this in next week's newsletter.

K. Pereira

ParentPay

We have been experiencing significant and prolonged technical difficulties with ParentPay this week which have been out of our control. Please be assured that we continue to do everything within our capacity to ensure issues are dealt with as quickly as possible.

Oxbridge Conference at Culford

On the 2nd of February, we attended the Oxbridge conference at Culford Independent School.

The aim of this conference was to help us get a better idea of Oxford and Cambridge University's and show us what we can do now to help us with the application process.

The day began with a warm welcome from Stephen Arbutnot (Head of 6th form at Culford) followed by a brief introduction to our submissions to Oxbridge from a visitor from Oxford University. We were then split into two groups, the first of which looked at writing your personal statements as well as helping us with ideas for super-curricular and extra-curricular activities that we can begin now.

The second group looked at application and the interview process. This helped us to understand how the Cambridge and Oxford interview structure and processes differs from other universities.

After a short break we then split into subject specific groups that we had chosen prior to the event. These groups were focused on a field of interest we may

want to study at university. Each group focused on a specific subject topic. Alex looked at wave-particle duality in physics while Amelia looked at sex determination in biology. These tutorials/seminars gave us a better understanding of that area of research and allowed us to listen to and question someone with experience in that subject. After this our parents returned and we all listened to David Bainbridge talking about life at the two Universities as well as things such as which colleges to choose.

Finally we had the opportunity for a question and answer session with two Oxbridge and ex-Oxbridge students on their experiences of the universities. This event helped us to better understand what we can do now to give us the best possible chance of a place at Oxford or Cambridge, the process of admissions and the universities themselves.

Written by Alex Dunn (10DAB) and Amelia O'Dell (10BMT). Alex and Amelia will also be sharing what they learnt from the conference with their year group during an assembly after the half-term break.

Extra-Curricular In Music

Now the Beast has found his true love in Belle we have some new and exciting clubs started this week in music. On both lower and upper site we have music theory classes. At the lower site its Thursday Lunchtime and the upper site it's after school on a Tuesday 3.30 – 4.30. The upper school class is studying ABRSM grade 5 theory with the plan to sit the exam in the summer term. At the lower site we have a new Jazz Orchestra which is rehearsing on a Tuesday Lunchtime and a Ukulele Orchestra on a Wednesday afterschool 3.30 – 4.30. Feel free to come and join our new clubs.

St Benedict's Lunchtime Concert Series

We are starting a series of lunchtime concerts on Tuesdays in the dining room at the start of lunch. Our first concert is next Tuesday and starting the process we have two incredible musicians Tom Burrows Year 9 on saxophone, and Tom Gray Year 9 on Piano. Come along and support our fabulous musicians. Students have been very keen to sign up for the lunchtime concerts, however, we do have a few dates left. If you interested in performing as part of these concerts pop along to music department and put your name down.



Careers Talk - Architecture



On the 24th of January, AJ Fleet from Andrew Fleet Architectural Technologists came to speak to students at St Benedict's about careers in

architecture. AJ is a Chartered Architectural Technologist who works as part of his family business. His wealth of knowledge within the area was invaluable for all students who attended. He discussed the multitude of careers within architecture and the transition from studying to being face to face with practical problems; spoke about the nature of the career and how no two days as an architect are the same and the qualities that are looked for in a budding architect who hope to be successful in the field. It was an inspiring and interesting talk, and as a Sixth Form student interested in architecture but with no previous knowledge of the field it gave me a goal to focus on during my studies and I'm sure for the younger years it also inspired them and demonstrated the variety of opportunities available.

Rachel Bell Year 12

Careers Talks

Careers Talk, Monday 11th February – Paul Ablitt, Kwikfit (Motor Mechanics, Apprenticeships) this talk will take place in room 32.

Careers Talk, Tuesday 12th February – Nirvana Whittred – Nursing. This talk will take place in room 24

Careers Talk, Wednesday 13th February – Anna Goodchild, BT (Apprenticeships). This talk will take place in room 30

FE/HE events

Thursday 14th February – West Suffolk College taster day for year 11 students

Thursday 14th February – Year 12 University Preparation Day. The day will include 4 workshops, Budgeting & Finance, Study Skills, First Aid and Cooking on a budget.

A big thank you to the Vinten Trust and the University of Suffolk for sponsoring the day and also to the University of East Anglia and the East of England Ambulance service for supporting the day.

Friday 15th February – Year 12 Future First workshop, Transition to University.

I am also pleased to announce that on Thursday 28th of February we will be welcoming Darren Aitchison from Skybox Security in for a careers talk. Darren is the Technical Director for Northern Europe and will be talking to students about the world of Cyber Security, roles and careers in the industry including pathways and career progression opportunities.

This week has also seen the addition of another page to the Careers & IAG area on the school website.

[CV Top Tips/Template](#)

<https://www.st-benedicts.suffolk.sch.uk/page/?title=CV+Top+Tips&pid=234>

If any parents would like the opportunity to find out more about Careers, Further/Higher Education and Apprenticeships Mr Steward will be available Tuesday evenings between 3.30-4.30. Please contact dsteward@st-benedicts.suffolk.sch.uk

Mr Steward Careers

Sporting Highlights

U13 Girls Basketball

St. Benedict's 16 - Stowmarket 46

A depleted squad of only 7 players meant we were always going to face an uphill struggle against a squad of 11 players who also had a significant height advantage! After a slow start, when our team struggled to adjust to the pace and pressure of the game, we rallied superbly and became increasingly competitive as the game went on. The team worked extremely hard and this took a bit of a toll in the final quarter but the girls learned a lot from the game and their excellent attitude and team spirit bodes well for the next game.

Team: Amelia Tas, Jasmine Bradley, Sophie Taylor, Helena Blaney, Charmanee Wissner and Charlotte Berry, Erin Rogers.

St. Benedict's 38 Horringer 32

A close first quarter showed that the team had learned a huge amount from their previous game and they played at a much faster pace particularly when possession changed. A strong 2nd quarter saw us establish a commanding lead that was slowly clawed back until the final quarter saw the teams tied. Outstanding defence by Heidi Thornton prevented their star player from adding to her points and a strong finish saw us run out winners by 6 points. Well done to the whole team for their excellent effort and performance, and to the 2 year 7s, Ana Islam who scored 12 points and Rebecca Tait 6 pts.

Team: Erin Rogers, Charmanee Wissner, Amelia Tas, Jasmine Bradley, Ana Islam, Rebecca Tait, Charlotte Berry, Helena Blaney, Ailish Kemble, Heidi Thornton.

English Stretch and Challenge

For your English Literature GCSE it is vital that you have a comprehensive understanding of context that can inform your response. A tour of The Globe can really help with this. This half term, the RSC have an exciting programme of talks which, while aimed at 7-11 year olds, will help embed relevant context in your memory. This is what the RSC have to say about their half term talks:

Who went to the theatre in Shakespeare's England? What is a penny groundling? What was the smell like at the Globe? Our Family Tour introduces younger visitors to Shakespeare's London and to the theatrical world he created. Step into Shakespeare's Globe and learn about Elizabethan stage practices all the way from Heaven to Hell through to the experience of Shakespeare's audiences. From blood and gore to poetry and prose, the Family Tour will delight and disgust. We think this tour is perfect for 7-11 year olds but older and younger siblings are more than welcome.