

Teacher Training: Congratulations

I would like to congratulate Lisa Eastwood who has achieved Qualified Teachers Status this week with an outstanding grade against all of the Teachers Standards. Mrs Eastwood has worked very hard over the past two years and this has definitely paid off. Mrs Eastwood who starts after Easter as a qualified Maths teacher, is an asset to the school and I wish her well in her future career both now at St Benedict's and in the future.

Parents Evenings

Thank you to all parents/carers who attended the parents evening yesterday. If you were unable to attend please contact the school and we can arrange for you to get in contact with your child's teachers. Year 10 parents evening takes place next Thursday and your child should have been making appointments with teachers this week. If you have any queries please contact Mr Phil Taylor, Head of Year 10.

End of Term

Term ends next Friday at 3.30pm. Easter fall very late this year which means this has been a longer term than usual. This in turn means that the next half term is quite short, so GCSE and A Level exams will start after only three weeks, two of which contain Bank Holidays. If your child is taking public exams, please encourage them to make the most of the Easter holidays for revision and to take advantage of any revision sessions that teachers are providing. The Summer Term begins on Tuesday 23 April at the usual time.

Kate Pereira

Parent Governor

Chris Donnachie's term of office as a parent governor comes to an end on the 31st March. I would like to thank Chris for his commitment and the wisdom he contributes to our governing body. We will start the process of appointing another parent governor next term. I would encourage parents to reflect over the next few weeks as to whether they might be interested in the role.

Anne Mansfield
Chair of Governors

Forthcoming internal exams term:

Years 7 and 8 Fortnight commencing Tuesday 8th May

Year 12 Fortnight commencing 13th May

Year 10 Exams Fortnight commencing 17th June

Timetables will be sent out in due course.

Mr D'Mello

BAE

Systems Schools Roadshow



On Monday afternoon (25th March) the BAE Systems Schools Roadshow came to the LSC for an afternoon of education and entertainment. The talented Roadshow

Team – supported by the Royal Navy and the Royal Air Force – visits over 420 schools across the UK every year. It provides an interactive experience for students aged 10 to 13 years old in primary and secondary schools, which is designed to inspire excitement in STEM subjects. The programme changes each year to reflect specific curriculum elements, and delivers fun, engaging activities that demonstrate how STEM underpins everything that we do.

Two years ago we were treated to 'The Physics of Flight' and opportunities available for careers in the RAF. This week the show included the Royal Navy and students were given a hugely entertaining show that explained various aspects of communications technology, both in civilian life and in the Armed Forces – for example, how do you communicate with an Astute-class nuclear submarine deep underwater, or an F-35 Lightning II fast jet travelling at nearly twice the speed of sound at 50,000 feet?

The basis of the show was an understanding of the electromagnetic spectrum and how we make use of its various areas for communications, ranging from the use of infrared radiation (for example in remote controllers) to microwave and radiowave radiations for bluetooth and voice/data communications including, of course, the ubiquitous mobile phone.

Students were reminded that freedom of communications must be treated with awareness that there are dangers: for example, the misuse of personal information on the internet and in social media. Cyber security is becoming paramount not just in a personal context, but also on an international scale where the Armed Forces are often at the forefront of efforts to combat criminal and malicious actions.



Volunteers from the audience were invited to participate in various activities ranging from replicating a communications network (the message being a bean bag thrown between the various students acting as relay points!) to hunting around in the dark using night vision goggles (utilising image intensification and infrared sensing technology).

Many thanks go to Mr Steward, our Careers Advisor, for organising this event that proved such a resounding success for staff and students alike. Thanks also to the Year 8 teachers who gave up their period 4 so that the students could attend.

Mr Gregory

Sporting Highlights

U12 County Rugby Finals

Following on from the West Suffolk tournament we were placed in the middle of the 3 groups in the County finals held at Ipswich School fields. The large pitches and excellent surface gave the team the chance to show what strides they'd made since their early games. We won 1 try to 0 against Holgate, lost 2-1 to Northgate and Newmarket and 3-1 to East Bergholt. The boys did tremendously well against physically larger opposition and tries were scored by Raf Martinez (2), Jack Rawlings and Daniel Noor Brooks. Well done to the whole squad!

U13 Boys Runners up at the Suffolk County Rugby Finals!

The year 8 Boys' headed to Ipswich School for the county Rugby finals cup on Tuesday 19th March. This consisted of the best teams around the county to play for the Suffolk county cup. St Benedict's were placed in a group with Debenham (0-0), East Bergholt (20-0) and Hartismere (5-0). The boys won two and drew one, conceding no tries during the group stages! Solid defensive play from Finn O'Donnell, Patryk Jasinski, Tom Cornwall and Harry MacGillivray. We finished second in the group and had to play winner of the second pool, Hadleigh. Hadleigh started strong with some big players running through St Benedict's defence. There were some big tackles from Tom Cornwall, Max Ledgerton and Finn O'Donnell, however; Hadleigh were extremely powerful and the match ended 20-0 to Hadleigh high school. We then played Horringer Middle school in the decider. This was a physical game from start with St Benedict's scoring an early try through Patryk Jasinski who powered through to put St Benedict's ahead. With some big tackles and turnovers at the breakdown both teams looked like scoring. Horringer then turned the ball over at the ruck and quickly broke through the St Benedict's defensive line to level the game. The game finished 5-5 and the overall standings finished with St Benedict's finishing joint second place in the county.

Well done to all the boys involved. Player (s) of the tournament for St Benedict's were Tom Cornwall and Patryk Jasinski.



U13 Girls Rugby Tournament

The tournament started with play-offs for who entered the Cup or the Vase competition. We were up against Horringer who were a great side and made some great plays. However, St Benedict's made some brilliant drives with the ball and tackles that were noted by all coaches and referees near the pitch, Pola Pasik star player in this game. We won 4-1 and therefore went through to the Cup competition!

We faced Castle Manor who beat us 3-1, we drew 1-1 vs East Bergholt with a final tackle made by Keileigh Dixon just before the try line to stop their final try. We then went into our final game against



Coppleston which we won 1-0! It was a close game with great defence from both teams and there was never a drop in the determination from both sides. Winning try was scored by Nicola Flisek! Overall, we came 3rd place! All of the girls played brilliantly and I can't wait for next year's competition!

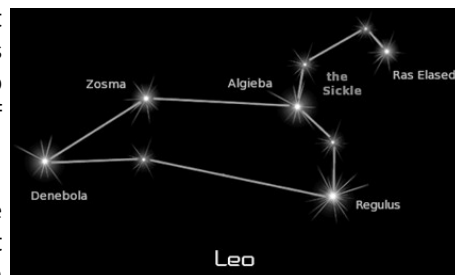
Well done girls!!!!

Miss Harris

Astronomy Event – Stargazing

Mr Steward's hold over the weather proved itself again when we were treated to a clear sky last Monday evening. As I've said before, these events are inevitably announced at extremely short notice as we don't want people turning up just gaze up at nothing!

The constellation Orion never lets us down this time of year, especially with its famous nebula such a spectacular sight, still high in the south western sky. Like Orion, the Red Planet Mars is still prominent in the west and, as a tribute to the power of our Langley-Newtonian 12" reflecting telescope, it is seen as a small but distinct disc, as opposed to the sharp pinpoint of light of the more distant stars.



In the south east there is a sure sign that spring has sprung with the rising of the magnificent constellation of Leo (the Lion) with its main star Regulus, one of the brightest stars in our night sky. Although Regulus appears as a pin point of bright, blue-white light, it is in fact a quadruple star system.

Probably the highlight of the evening was a welcome visitor appearing just above the twilight zone in the west at 19:16 precisely. Appearing as bright as Sirius (our brightest night-time star) it was traveling at a significant speed, roughly from west to east, arcing high almost overhead as it went. Was it a bird? Was it a plane? No, it was the International Space Station!

The orbits and visibility of the ISS are known to the second so, if you would like to see its 'sighting schedule', go to NASA's sighting location website: <https://spotthestation.nasa.gov/sightings/> and choose the location nearest you. For example, if after reading this on Friday you nip outside at 19:08 or 20:43 and look to the west you'll see it magically appear and make its transit across the sky – assuming the sky is clear, of course. Good luck!

Mr Gregory