



St Benedict's Catholic College

Newsletter Issue 1 - 8th September 2023

Message from the Principal

Dear parents, carers, students and friends

A very warm welcome back to everyone and an even warmer welcome to our new year 7 students who joined the college community this week. Warm is most certainly the word, as the temperature this week has been very high. Most students have sensibly left jumpers at home, as they are certainly not necessary at the moment! It's a good idea to bring a refillable water bottle each day, as we have two chilled water dispensers that can be accessed before college and at break and lunchtimes every day. Our year 7 students are getting used to the catering system and enjoying the menu choices. Also, don't forget that we provide a piece of toast free of charge from the canteen between 8.30 am and 8.50 am daily.

At the end of August we were delighted to give out an absolutely superb set of GCSE results to our outgoing year 11 cohort. They reaped the results of their hard work, gaining excellent grades that have enabled them to set forth on their next steps in education with great confidence. Our press release can be read [here](#). My sincere thanks to all of our dedicated staff for working so hard to support our young people.

In our assemblies this week we showcased a number of really exciting initiatives that will be taking place this academic year, such as 'Learning Champions' and 'Did you Know?'. We're already seeing our students getting involved with great enthusiasm! We made the first Learning Champion draw at lunchtime today.

In assemblies I also reminded students that mobile phones must be switched off and out of sight at all times on our site and that chewing gum and jewellery are not allowed at college. We're very grateful for your support in reinforcing our expectations at home.

Mrs J E Santinelli

Principal

Chaplaincy

A new academic year means new Chaplaincy clubs and activities as well as an opportunity to become a Chaplaincy representative! Chaplaincy reps will be given their very own Chaplaincy badge and are encouraged to attend a meeting every Tuesday lunchtime to explore more about the Christian faith and discuss different topics with each other. They will also be advocates for the different faith opportunities that will be happening throughout the year, including youth Masses and retreats!

Mr Fusi

Friday 8th September 2023

THE NATIVITY OF THE BLESSED VIRGIN MARY

Today, we celebrate the birthday of Mary, the mother of God. At any point in our lives, but particularly today, we can bring our prayers to Mary and ask her to present them to her son by saying:

+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Hail, Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen



Art Club

Year 7, 8 and 9 are welcome to attend art club, starting on Wednesday 13th September from 3.30 pm - 4.30 pm.

Mrs Stewart-Thomas

Head of Art, Design and Technology



Is my child too ill for school?

It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell.

If you do keep your child at home, it's important to phone the school on the first day. Let them know that your child won't be in and give them the reason.

Coughs and colds

It's fine to send your child to school with a minor [cough](#) or [common cold](#). But if they have a fever, keep them off school until the fever goes.

Encourage your child to throw away any used tissues and to wash their hands regularly.

COVID-19

If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can go to school.

Your child should try to stay at home and avoid contact with other people if they have [symptoms of COVID-19](#) and they either:

- have a high temperature
- do not feel well enough to go to school or do their normal activities

For advice on more illnesses: <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>



Flu Vaccinations

On Friday 15th September, the North Essex Immunisation Team will visit the college to offer Flu vaccinations to all students. In order for your child to be given the vaccine, **please click the below link to complete a consent form.**

<https://forms.office.com/e/sBTxV8HHAf>

The deadline to complete your child's consent form is Wednesday 13th September 2023. We cannot guarantee any forms submitted after this date will be accepted at the school session.

This vaccination is recommended to help protect your child against flu. Flu can be an unpleasant illness and sometimes causes serious complications. Vaccinating your child will also help protect more vulnerable family members and friends by preventing the spread of flu.

The vaccine is free and most children have it up their nose (nasal spray) which is quick and painless. **The nasal spray is the most effective vaccine for children.** If you do not wish for your child to receive the spray due to it containing porcine gelatine and would prefer for them to have the injectable vaccine, please contact us on the number provided below.

Since the programme was introduced, most children offered the vaccines in schools have had the immunisation.

If you have any queries, please contact the immunisation team on:

Parent Governor Vacancy

We currently have a vacancy for a parent governor. Parent governors are parents/carers of a student (or students) at the college and are appointed by the parent body following self-nomination. Training is available for all governors.

If you would like to find out more, or would like a self-nomination form, please contact Jack Minto, Clerk to the Governors, by email j.minto@stbenedicts.essex.sch.uk by Monday 18th September 2023.

Whatsapp Privacy Settings

Change group privacy settings

1. Tap > **Settings**.
2. Tap **Privacy > Groups**.
3. Select one of the following options:
 - **Everyone**: Everyone, including people outside of your phone's address book contacts, can add you to groups without your approval.
 - **My contacts**: Only contacts in your phone's address book can add you to groups without your approval. If a group admin who's not in your phone's address book tries to add you to a group, they'll get a pop-up that says they can't add you and will be prompted to tap **Invite to group** or press **Continue**, followed by the send button, to send a private group invite through an individual chat. You'll have three days to accept the invite before it expires.
 - **My contacts except...**: Only contacts in your phone's address book, except those you exclude, can add you to groups without your approval. After selecting **My contacts except...** you can search for or select contacts to exclude. If a group admin you exclude tries to add you to a group, they'll get a pop-up that says they can't add you and will be prompted to tap **Invite to group** followed by the send button to send a private group invite through an individual chat. You'll have three days to accept the invite before it expires.
4. If prompted, tap **Done**.

Every time you need to add a new contact to your contact list, you need to update the list!

Remember, you should be aged 13+ to use WhatsApp



Group chats

What Parents & Carers Need to Know about GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – or even be providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are shared, posted or sent privately can be shared freely in a group chat. To join the following, a person's contact is shared in a group of their peers (usually via their phone number). This can lead to exclusion and isolation, as well as opportunities for inappropriate content to be shared and viewed.

EXCLUSION AND ISOLATION

This can occur when a group chat is created for a specific purpose, but someone who is not part of that group is excluded. This can lead to feelings of isolation and exclusion, as well as opportunities for inappropriate content to be shared and viewed.

INAPPROPRIATE CONTENT

Some discussions in group chats may involve inappropriate content, including sexual or violent images or videos. These could be shared by a person who is not part of that group, or a person who is part of that group but who is not a friend of the person who is not part of that group. This can lead to feelings of exclusion and isolation, as well as opportunities for inappropriate content to be shared and viewed.

SHARING GROUP CONTENT

It's important to remember that – while the intention of the chat is to share content with the group – that content can be shared with others outside the group or even publicly. The risk of something you or your child share in a group chat being shared with others is high. It's also important to remember that – while the intention of the chat is to share content with the group – that content can be shared with others outside the group or even publicly. The risk of something you or your child share in a group chat being shared with others is high.

UNKNOWN MEMBERS

While having group chats is more likely your child will be communicating with people they know, it's important to remember that – while the intention of the chat is to share content with the group – that content can be shared with others outside the group or even publicly. The risk of something you or your child share in a group chat being shared with others is high.

NOTIFICATIONS AND FOMO

A drawback of group chats is the sheer volume of notifications. Every time someone in the group messages, your child's phone will be pinged with a notification. This could mean hundreds of notifications a day, not only in the form of notifications, but also in the form of missed calls or missed messages. This can lead to feelings of exclusion and isolation, as well as opportunities for inappropriate content to be shared and viewed.

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often set up for a specific purpose, but someone who is not part of that group is excluded. This can lead to feelings of isolation and exclusion, as well as opportunities for inappropriate content to be shared and viewed.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity as a child or young person. To protect themselves, they may use a pseudonym, or a name that is not their real name. This can lead to feelings of exclusion and isolation, as well as opportunities for inappropriate content to be shared and viewed.

BLOCK, REPORT AND LEAVE

If your child is in a chat where someone is being abusive, it's important to remember that – while the intention of the chat is to share content with the group – that content can be shared with others outside the group or even publicly. The risk of something you or your child share in a group chat being shared with others is high.

SILENCE NOTIFICATIONS

Turning a phone or tablet off or putting it on silent can help to reduce the number of notifications. This can help to reduce the number of notifications, but it's important to remember that – while the intention of the chat is to share content with the group – that content can be shared with others outside the group or even publicly. The risk of something you or your child share in a group chat being shared with others is high.

Meet Our Expert
Dr Claire Sutcliffe is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and online safety policies for schools. She has written several books on online safety and is a frequent speaker at conferences and events. She is also a member of the National Online Safety Advisory Board.

National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety NationalOnlineSafety nationalonlinesafety

Version of this guide does not include new discussion. No liability is entered into. Current as of the date of release: 17.04.2023

Communications Sent Out This Week


Year 7 - [Meet the tutor](#)

Year 10 - [Laptop Scheme](#)


Catering Menu - Week B

Please ensure your child's ParentPay meal account is in credit. Any new deposits for the day must be made by 8.20 am in order for funds to clear in time for break.

For the full list of menu choices this week, please click [here](#)




Monday Week 2



<u>Main Meal</u>		
Honeyed chicken & savoury rice	£2.35	Wheat/gluten/milk/soya
Jacket potato & beans	£1.25	
add a filling	£1.05	Allergens detailed on product
<u>Veggie Option</u>		
Quorn chicken & savoury rice	£2.35	

<u>Grab and Go</u> Chicken goujon wrap £1.75 Gluten Brie & bacon panini £1.65 Wheat/gluten/milk Cheese & tomato pizza £1.25 Wheat/gluten/milk Spicy potato wedges £0.75 Cous cous & veg tuk tuk £1.05 Cold pesto, spinach & tomato pasta pot £1.05 Wheat/gluten Cheese & ham toastie £1.05 Wheat/gluten Daily selection of sub rolls £1.65 Allergens detailed on product Small filled roll £0.75 Allergens detailed on product	<u>Salad bar</u> Salad box £1.05 Tuna £1.05 Fish/milk Eggs (x2) £1.05 Egg Ham £1.05 Sulphates Cheese pot £1.05 Milk <u>Drinks</u> Water £0.50 Milk carton £0.65 Milk Various flavours Radnor fizz can £0.95 Radnor splash £0.50	<u>Snacks</u> Granola pot £1.05 Milk Yoghurt £1.00 Milk Fruit pot £1.50 Yum Yum £0.85 Doughnut £0.70 Popcorn £1.00 Proper Chips £1.00 <u>Soup*</u> Tomato OR Sweet potato & butternut £1.50 <small>*from November 23</small>
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Tuesday Week 2



<u>Main Meal</u>		
Chilli con carnie, rice & tortillas	£2.35	Wheat/gluten/milk/soya
Jacket potato & beans	£1.25	
add a filling	£1.05	Allergens detailed on product
<u>Veggie Option</u>		
Spicy 5-bean chilli, rice & tortillas	£2.35	

<u>Grab and Go</u> Burger/Cheeseburger £1.75 Gluten Caribbean beef panini £1.65 Wheat/gluten/milk Pepperoni pizza £1.25 Wheat/gluten/milk Roast potato pot £0.75 Arrabiatta pasta pot £1.05 Tomato & spinach pasta £1.05 Wheat/gluten Cheese & ham toastie £1.05 Wheat/gluten Daily selection of sub rolls £1.65 Allergens detailed on product Small filled roll £0.75 Allergens detailed on product	<u>Salad bar</u> Salad box £1.05 Tuna £1.05 Fish/milk Eggs (x2) £1.05 Egg Ham £1.05 Sulphates Cheese pot £1.05 Milk <u>Drinks</u> Water £0.50 Milk carton £0.65 Milk Various flavours Radnor fizz can £0.95 Radnor splash £0.50	<u>Snacks</u> Granola pot £1.05 Milk Yoghurt £1.00 Milk Fruit pot £1.50 Yum Yum £0.85 Doughnut £0.70 Popcorn £1.00 Proper Chips £1.00 <u>Soup*</u> Tomato OR Sweet potato & butternut £1.50 <small>*from November 23</small>
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Wednesday Week 2



Main Meal

Chicken dinner & vegetables	£2.35	Gluten/cereal
Jacket potato & beans	£1.25	
add a filling	£1.05	Allergens detailed on product

Veggie Option

Vegetable lasagne & garlic bread	£2.35	Gluten
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Grab and Go

Bbq drumsticks	£1.75	
Pulled pork panini	£1.65	Wheat/gluten/milk
Pepperoni pizza	£1.25	Wheat/gluten/milk
Potato pots	£0.75	
Steak Slice	£1.55	Wheat/gluten
Tomato & spinach pasta	£1.05	Wheat/gluten
Cheese & ham toastie	£1.05	Wheat/gluten
Daily selection of sub rolls	£1.65	Allergens detailed on product
Small filled roll	£0.75	Allergens detailed on product

Salad bar

Salad box	£1.05	
Tuna	£1.05	Fish/milk
Eggs (x2)	£1.05	Egg
Ham	£1.05	Sulphates
Cheese pot	£1.05	Milk
Drinks		
Water	£0.50	
Milk carton	£0.65	Milk
Various flavours		

Radnor fizz can	£0.95
Radnor splash	£0.50

Snacks

Granola pot	£1.05	Milk
Yoghurt	£1.00	Milk
Fruit pot	£1.50	
Yum Yum	£0.85	
Doughnut	£0.70	
Popcorn	£1.00	
Proper Chips	£1.00	
Soup*		
Tomato OR		
Sweet potato & butternut	£1.50	



Thursday Week 2



Main Meal

Beef chow mien & prawn crackers	£2.35	Wheat/gluten/milk/soya
Jacket potato & beans	£1.25	
add a filling	£1.05	Allergens detailed on product

Veggie Option

Vegetable noodles and crackers	£2.35	Gluten
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Grab and Go

Spicy chicken fajita	£1.60	
Bacon & egg panini	£1.65	Wheat/gluten/milk
Pepperoni pizza	£1.25	Wheat/gluten/milk
Paprika spicy wedges	£0.75	
Tomato & spinach pasta	£1.05	Wheat/gluten
Cold pesto, spinach & tomato pasta pot	£1.05	Wheat/gluten
Cheese & ham toastie	£1.05	Wheat/gluten
Daily selection of sub rolls	£1.65	Allergens detailed on product
Small filled roll	£0.75	Allergens detailed on product

Salad bar

Salad box	£1.05	
Tuna	£1.05	Fish/milk
Eggs (x2)	£1.05	Egg
Ham	£1.05	Sulphates
Cheese pot	£1.05	Milk
Drinks		
Water	£0.50	
Milk carton	£0.65	Milk
Various flavours		

Radnor fizz can	£0.95
Radnor splash	£0.50

Snacks

Granola pot	£1.05	Milk
Yoghurt	£1.00	Milk
Fruit pot	£1.50	
Yum Yum	£0.85	
Doughnut	£0.70	
Popcorn	£1.00	
Proper Chips	£1.00	
Soup*		
Tomato OR		
Sweet potato & butternut	£1.50	

*from November 23

Friday Week 2

Main Meal

Scampi popcorn, chips and beans £2.35

Wheat/gluten/fish

Jacket potato & beans £1.25

add a filling £1.05

Allergens detailed on product

Veggie Option

Vegetable burger and chips £2.35

Gluten

Grab and Go

Mac cheese tuk tuk £1.05 Wheat/gluten

Mozzarella & tomato panini £1.65 Wheat/gluten/milk

Cheese & tomato pizza £1.25 Wheat/gluten/milk

Cheese & ham toastie £1.05 Wheat/gluten/milk

Cheese bites & salad £1.65

Nachos & salsa £0.65 Wheat/gluten

Nachos & guacamole £1.00 Wheat/gluten

Chips £1.00

Cheese & ham toastie £1.05 Wheat/gluten

Daily selection of sub rolls £1.65 Allergens detailed on product

Small filled roll £0.75 Allergens detailed on product

Salad bar

Salad box £1.05

Tuna £1.05 Fish/milk

Eggs (x2) £1.05 Egg

Ham £1.05 Sulphates

Cheese pot £1.05 Milk

Drinks

Water £0.50

Milk carton £0.65 Milk

Various flavours

Radnor fizz can £0.95

Radnor splash £0.50

Snacks

Granola pot £1.05 Milk

Yoghurt £1.00 Milk

Fruit pot £1.50

Yum Yum £0.85

Doughnut £0.70

Popcorn £1.00

Proper Chips £1.00

Soup*

Tomato OR

Sweet potato £1.50

& butternut

*from November 23

Instagram Highlights





You can follow our Instagram link [here](#)

Week Commencing 11th September 2023 - Week B

We are occasionally asked to promote activities/clubs etc. from local groups. Such activities are not quality assured by the college and parent/carers should be aware of the need to reassure themselves of the quality and safety of the services on offer, for example by visiting, looking at information reports etc.