



St Benedict's Catholic College

Newsletter Issue 10 - 17th November 2023

Message from the Principal

Dear parents, carers, students and friends

This week our year 11 students have embraced the revision opportunities our dedicated staff have provided to support them with their mock exams. The mocks really help prepare for the real GCSEs next summer, by enabling students to get used to the formal exam environment and requirements, as well as practising the typical exam papers they will sit next year. The results enable our expert teachers to identify and address any gaps in learning too.

I'm very grateful to all our dedicated teachers, invigilators and support staff who work so hard to make this experience meaningful and beneficial.

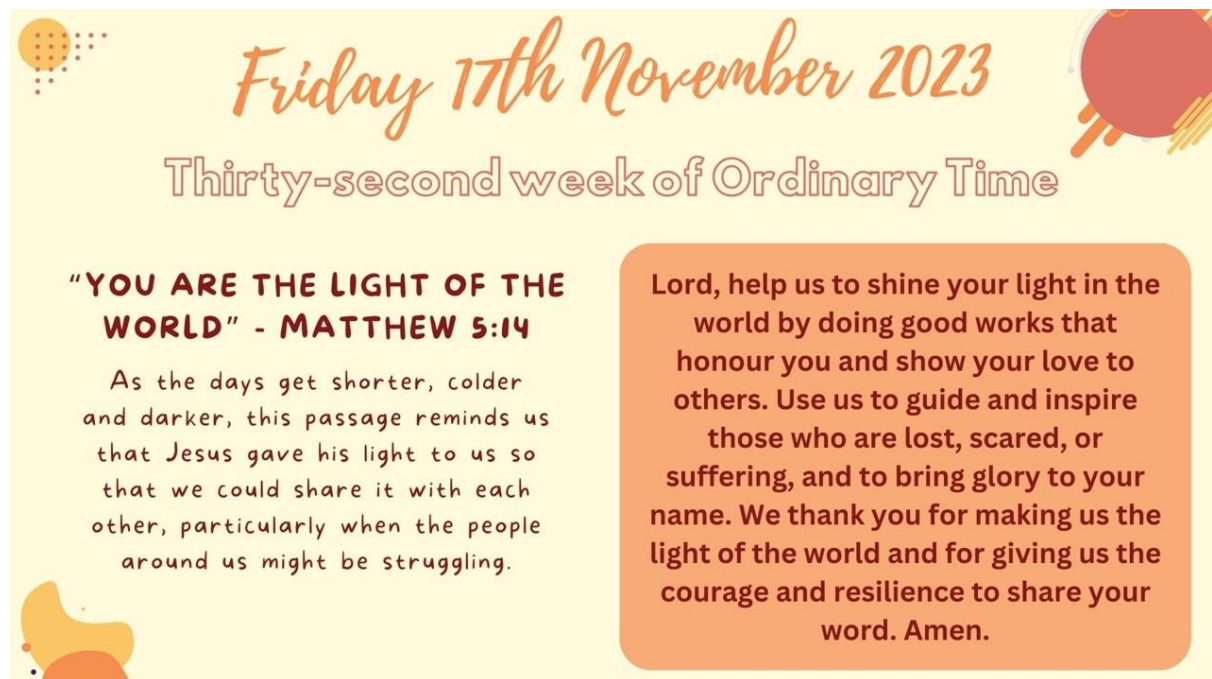
At Hot Chocolate Friday this week the Vice Principal and I were delighted to reward some students in year 9 who have really thrown themselves into the 'St Ben's Challenge', garnering lots of achievement points in the process. All of them said they would urge their fellow students to give the wide range of clubs and activities a go – there's something for everyone, every lunchtime.

At St Benedict's we are always happy to meet with parents and carers to work together to resolve any concerns that might exist. It is very difficult, however, to meet without an appointment made in advance, due to teaching and other commitments members of staff may have. This does mean that visitors to reception without an appointment are likely to be disappointed that they cannot see or speak to the person they wish to consult with immediately. Your support and understanding with this is very much appreciated.

Mrs J E Santinelli

Principal

Chaplaincy



October, October

As we finish reading 'October, October', our year 7 students are getting the books to take home and read again and share with their friends and family.

Mrs Hunter

Teacher of English and Literacy coordinator



Godspell - The Musical

Rehearsals are underway for the college musical and it's already very exciting!

Please can all cast members log on to their college email account and join the St Benedict's Performance TEAMS platform and check it regularly so they can see when they are required for the rehearsals. Please make every effort to attend all of the rehearsals as we are on a very tight deadline and rehearsal time is very precious.

Please email c.davies@stbenedicts.essex.sch.uk for further details or to report cast related information. Thank you!

Mrs Davies

Teacher of Drama



WhatsApp

Social media can be a great tool for staying in touch with people, but it can also be a hazardous place for young people. We would like to draw parents and carers attention to the issues connected to WhatsApp as there have been some incidents over this term with regards to online behaviours particularly with this app.

WhatsApp has a rating of 16+ which means that students in St Benedict's should not have access to this app. Whilst this is the recommendation, we are aware that there are many students who do use this app regularly to communicate with their classes and year groups.

Please check your child's WhatsApp to see who they are communicating with and what they are communicating. Strangers are able to contact anyone on WhatsApp if they have their phone number, making it an unsafe place for young people. By checking their phone regularly, you will be able to see the tone of communications and advise your child if there is anything of concern. Please check who they are communicating with also - as a rule of thumb, students should not add anyone to their contacts who they do not know in real life.

Finally, if you do come across anything of concern when you are checking your child's WhatsApp, please contact your child's pastoral lead or a member of the safeguarding team, who will help you to deal with the concern. Unfortunately WhatsApp is a place where cyber bullying can often occur, and we have had a number of these such incidents since the start of this academic year. Whilst we do our best to monitor and filter online access in college, it is equally as important that online behaviours are monitored at home to ensure children are kind to each other and safe in their communications.

We do hope that you find the guide below helpful. Please check the advice there particularly about bullying and messaging, and support your child in making good online choices.

Mrs Davis

Assistant Principal - Safeguarding

What Parents & Carers Need to Know about WHATSAPP

WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients: not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.

UK AND EUROPE
16+
13+ REST OF THE WORLD

WHAT ARE THE RISKS?

SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a 'simple and secure way to let people know where you are.' It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

Advice for Parents & Carers

CLICK HERE

CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.

EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.

REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.

LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.

THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.

DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.

CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.

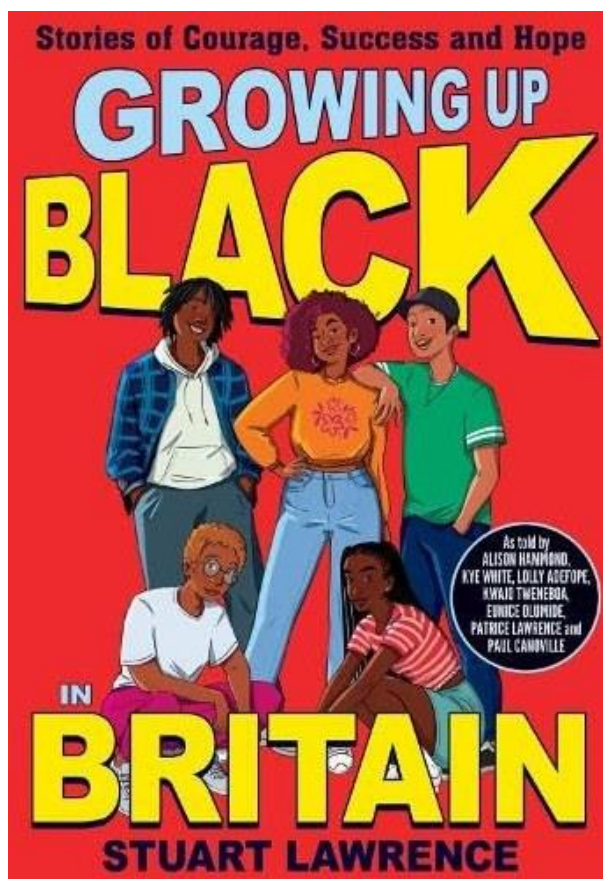
Meet Our Expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Click: a web resource that helps parents and children thrive in a digital world.



NOS National Online Safety®
#WakeUpWednesday

Book of the Week



1 - [*Growing Up Black in Britain* by Stuart Lawrence and Ashley Hickson-Lovence](#)

Growing Up Black in Britain, by Stuart Lawrence and Ashley Hickson-Lovence.

Stuart Lawrence, brother of Stephen Lawrence, talks to seven inspirational figures about their childhood experiences, as well as sharing insights into his own. This is a collection of courageous, thought provoking and ultimately hopeful pieces, set to educate and inspire young people. Contributors include TV presenter Alison Hammond, Olympic gold medallist Kye Whyte and actress Lolly Adefope.

Available from our college library.

Mrs Sullivan

Reader Leader

Careers and Guidance

We would like to share the latest Essex Careers Magazine for Secondary Schools with you!

The third edition of the [Essex Careers Magazine](#) has landed. The magazine is an all-age magazine to help residents find out about careers and sectors, find a job, or secure a new training opportunity.

The latest issue features:

- A detailed look at the engineering sector in Essex County Council

- A spotlight on opportunities in Mid-Essex
- Guidance on T Levels and green skills
- Lots of employer case studies, including [Essex Police](#), [Teledyne e2v](#) and more.

Mr Cretu

Assistant Principal

Christmas card competition



CHRISTMAS CARD COMPETITION 2023



- DESIGN BRIEF
 - A4 paper
 - Portrait or landscape
 - Full colour
 - 1cm away from the edge
 - Traditional - not 'too modern'
 - Must include:

"THE TRUE LIGHT, WHICH GIVES LIGHT TO EVERYONE, WAS COMING INTO THE WORLD." - JOHN 1:9



- Closing date - 1st December
- Hand in to Mrs Stewart-Thomas
- Put your name on the back please



Communications sent out this week

History trip - Year 10 History students

Catering Menu - Week A

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 on [here](#)



Monday Week 1



Main Meal

Sausage, mash & beans	£2.35	Wheat/milk/gluten/soya/lactose
Jacket potato & beans	£1.25	
add cheese	£1.05	Milk

Veggie Option

Linda McCartney Sausage, mash & beans	£2.35	Soya/sulphates/wheat/milk
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Grab and Go

Chicken burger	£1.75	Wheat/gluten/egg/milk
Noodles tuk tuk	£1.05	Gluten
Brie & bacon panini	£1.65	Milk/wheat/gluten
Cheese & tomato pizza	£1.25	Milk/wheat/gluten
Spicy potato wedges	£0.75	
Tomato & spinach pasta	£1.05	Wheat/gluten
Selection of sub rolls	£1.65	Allergens detailed on product
Various small filled rolls	£0.75	Allergens detailed on product
Soup and bread roll*	£1.50	Wheat/gluten
Tomato or Sweet potato & butternut (*from November 23)		

Salad bar

Salad box	£1.05	
Tuna	£1.05	Fish/milk/egg
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	£0.70	
Radnor splash	£0.50	

Snacks

Granola pot	£1.05	Wheat/gluten/milk
Yoghurt	£1.00	Milk
Fruit pot	£1.50	
Yum Yum	£0.85	Wheat/milk
Doughnut	£0.70	Wheat
Popcorn	£1.00	
Proper Chips	£1.00	



Tuesday Week 1



Main Meal

Chinese chicken curry, rice and naan	£2.35	Wheat/gluten
Jacket potato & beans	£1.25	
add cheese	£1.05	Milk

Veggie Option

Vegetable curry and naan	£2.35	Wheat/gluten
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Grab and Go

BBQ drumsticks	£1.75	
Caribbean panini	£1.65	Wheat/gluten/milk
Pepperoni pizza	£1.25	Wheat/gluten/milk
Cornish pasty	£0.75	Gluten/milk
Roast potato pot	£0.75	
Arrabiatta pasta pot	£1.05	Wheat/gluten
Tomato & spinach pasta	£1.05	Wheat/gluten
Selection of sub rolls	£1.65	Allergens detailed on product
Various small filled rolls	£0.75	Allergens detailed on product
Soup and bread roll*	£1.50	Wheat/gluten
Tomato or Sweet potato & butternut (*from November 23)		

Salad bar

Salad box	£1.05	
Tuna	£1.05	Fish/milk/egg
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	£0.70	
Radnor splash	£0.50	

Snacks

Granola pot	£1.05	Wheat/gluten/milk
Yoghurt	£1.00	Milk
Fruit pot	£1.50	
Yum Yum	£0.85	Wheat/milk
Doughnut	£0.70	Wheat
Popcorn	£1.00	
Proper Chips	£1.00	





Wednesday Week 1



Main Meal

Mac cheese loaded with Mexican Pork	£2.35	Wheat/gluten/milk/soya
Jacket potato & beans	£1.25	
add cheese	£1.05	Milk

Veggie Option

Mac cheese & vegan Cumberland sausage	£2.35	Wheat/gluten/milk
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Grab and Go

Burger/Cheeseburger	£1.50	Celery/gluten
Pulled pork panini	£1.65	Wheat/gluten/milk
Pepperoni pizza	£1.25	Wheat/gluten/milk
Cornish pasty	£1.55	Wheat/gluten
Potato pots	£0.75	Wheat/gluten
Tomato & spinach pasta	£1.05	Wheat/gluten
Selection of sub rolls	£1.65	Allergens detailed on product
Various small filled rolls	£0.75	Allergens detailed on product
Soup and bread roll*	£1.50	Wheat/gluten
Tomato or Sweet potato & butternut (*from November 23)		

Salad bar

Salad box	£1.05	
Tuna	£1.05	Fish/milk/egg
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	£0.70	
Radnor splash	£0.50	

Snacks

Granola pot	£1.05	Wheat/gluten/milk
Yoghurt	£1.00	Milk
Fruit pot	£1.50	
Yum Yum	£0.85	Wheat/milk
Doughnut	£0.70	Wheat
Popcorn	£1.00	
Proper Chips	£1.00	



Thursday Week 1



Main Meal

Greek meatballs in sauce, pasta & pitta	£2.35	Wheat/gluten/milk/soya
Jacket potato & beans	£1.25	
add cheese	£1.05	Milk

Veggie Option

Ratatouille spicy bean wrap	£2.35	Gluten/wheat
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Grab and Go

Chicken fajitas	£1.60	Celery/gluten
Bacon & egg panini	£1.65	Wheat/gluten/milk
Pepperoni pizza	£1.25	Wheat/gluten/milk
Paprika potato wedges	£0.75	
Tomato & spinach pasta	£1.05	Wheat/gluten
Cold pesto, spinach & tomato pasta pot	£1.05	Wheat/gluten
Selection of sub rolls	£1.65	Allergens detailed on product
Various small filled roll	£0.75	Allergens detailed on product
Soup and bread roll*	£1.50	Wheat/gluten
Tomato or Sweet potato & butternut (*from November 23)		

Salad bar

Salad box	£1.05	
Tuna	£1.05	Fish/milk/egg
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	£0.70	
Radnor splash	£0.50	

Snacks

Granola pot	£1.05	Wheat/gluten/milk
Yoghurt	£1.00	Milk
Fruit pot	£1.50	
Yum Yum	£0.85	Wheat/milk
Doughnut	£0.70	Wheat
Popcorn	£1.00	
Proper Chips	£1.00	





Friday Week 1



Main Meal

Fish fillet, chips & beans	£2.35	Fish/wheat/gluten/cereal
Jacket potato & beans	£1.25	
add cheese	£1.05	Milk

Veggie Option

Cheese & broccoli quiche & chips	£2.35	Milk/eggs/gluten
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Grab and Go

Cauliflower cheese tuk tuk	£1.05	Gluten/milk
Mozzarella & tomato panini	£1.65	Wheat/gluten/milk
Cheese & tomato pizza	£1.25	Wheat/gluten/milk
Fishwich burger	£1.75	Wheat/gluten/fish
Macaroni bites & salad	£1.25	Wheat/gluten
Nachos & salsa	£0.65	Wheat/gluten
Nachos & guacamole	£1.00	Wheat/gluten
Chips	£1.00	
Selection of sub rolls	£1.65	Allergens detailed on product
Various small filled rolls	£0.75	Allergens detailed on product
Soup and bread roll*	£1.50	Wheat/gluten
Tomato or Sweet potato & butternut (*from November 23)		

Salad bar

Salad box	£1.05	
Tuna	£1.05	Fish/milk/egg
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	£0.70	
Radnor splash	£0.50	

Snacks

Granola pot	£1.05	Wheat/gluten/milk
Yoghurt	£1.00	Milk
Fruit pot	£1.50	
Yum Yum	£0.85	Wheat/milk
Doughnut	£0.70	Wheat
Popcorn	£1.00	
Proper Chips	£1.00	



Instagram Highlights





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

Numeracy Challenge

Well done and thanks for your hard work this week. Well done to 7D for having the highest score this week. This week's 3 respect points go to Tomas and Eva of 8N. Congratulations!

Have a great weekend!

Mr Asamoah

Teacher of maths and Numeracy Coordinator

A display of work done by Tomas and Eva below in respective order

WEEK 32 SESSION 1 - Answer as many questions as you can in 5 mins

MENTAL STRATEGIES -
do these in your head

TIMESTABLES -
do these in your head

KEY SKILLS - you may use written calculations for
these questions

Q	Question	Answer	Q	Question	Answer	Q	Question	Answer
1	$10 \div \square + 2$	2	1	$8 \times \square - 32$	4	1	$344 \div 4 = \square$	86
2	Double 1	2	2	$\square \div 10 = 5$	50	2	$8 \times 2 + 1$	17
3	Half 39	19.5	3	$8 \times 5 = \square$	40	3	$765.28 \div 8$	95.66
4	$51 + 30 = \square$	81	4	$3 \times 7 = \square$	21	4	$7.83 \div 88.91$	0.088
5	$44 + 47 = \square$	91	5	$18 \div \square = 3$	6	5	$(-36) \div (-4)$	9
6	$6 - 4 \div \square$	2	6	$\square \div 7 = 56$	392	6	If $a = 3$, $b = 7$ and $c = 4$, what is the value of $2ab - c$?	38
7	$12 + 13 = 12 +$ $8 + \square$	5	7	$3 \times \square = 24$	8	7	$6 - (-2)$	8
8	$47 - 9 + 47 - 7$ $- \square$	2	8	$20 \div 5 = \square$	4	8	Is 7 a factor of 247?	NO
9	$9 \times 363 = \square$	3267	9	$42 \div 7 = \square$	6	9	What is the positive value of j ?	1
10	$48 \div 61 = 48 \div$ $60 \div \square$	1	10	$8 \times 9 = \square$	72	10	What is 150% of £290?	435
Total out of 10		10	Total out of 10		10	Total out of 10		10

WEEK 32 SESSION 1 - Answer as many questions as you can in 5 mins

MENTAL STRATEGIES -
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TIMESTABLES -
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KEY SKILLS - you may use written calculations for
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Q	Question	Answer	Q	Question	Answer	Q	Question	Answer
1	$10 \div \square + 2$	2	1	$8 \times \square - 32$	4	1	$344 \div 4 = \square$	86
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Total out of 10		10	Total out of 10		10	Total out of 10		10

What's your **NINJA** Score?
Fill in your scores in the boxes
and calculate it now!

MENTAL STRATEGIES: 10
TIMESTABLES: 10
KEY SKILLS: 10 +

MY NINJA BELT: Black
NINJA SCORE: 30

What's your **NINJA** Score?
Fill in your scores in the boxes
and calculate it now!

MENTAL STRATEGIES: 10
TIMESTABLES: 10
KEY SKILLS: 10 +

MY NINJA BELT: Black
NINJA SCORE: 30

Full Leader board as of Thursday morning 16th November 2023 below

<u>Leaderboard</u>			
7S	618	9S	379
7T	176	9T	680
7B	460	9B	499
7E	590	9E	703
7N	695	9N	655
7D	715	9D	746
8S	648	10S	205
8T	459	10T	132
8B	397	10B	213
8E	637	10E	244
8N	434	10N	225
8D	464	10D	356



Maths Joke

Q. What did the complementary angle say to the acute angle?

A. You are looking nice today.

Week Commencing 20th November 2023 - Week A

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.