



St Benedict's Catholic College Newsletter Issue 11- Friday 24th November 2023

Message from the Principal

Dear parents, carers, students and friends

Student leadership has really taken centre stage at the college this week. Interviews for head student took place on Monday; the four candidates gave Mr Callaghan, Mrs Verhofstadt and I a really hard task because they all did so well. Finally, after much deliberation Rebeca was appointed as head student. She will be ably supported by three excellent deputies in Declan, Eilidh and Dwayne. Well done to all our incoming senior prefects, we look forward to working with you for the good of our community.

On Wednesday evening we were delighted to visit the year 8 Science Fair, listening to students explaining the fascinating experiments and projects they have been working on, answering questions from visitors and presenting ideas with enthusiasm, confidence and skill. Well done to everyone involved and huge thanks to all the staff in the science department for giving their time so generously to support and inspire our young people.

Next week we will be hosting one of the highlights of the academic year - presentation evening for 'the class of 2023', when we will be presenting GCSE certificates and prizes to last year's year 11 students. We are delighted to welcome former student Jamie Baker as our guest speaker for what I'm sure will be a delightful occasion.

Mrs J E Santinelli


Principal

Chaplaincy

This Sunday is the Feast of Christ the King but it is also World Youth Sunday, a day dedicated to the celebration of all the young people who are active in their faith. This is the perfect time to highlight the amazing work of the BCYS (Brentwood Catholic Youth Service) who provide pilgrimages and events for young people to help them grow in their faith. The annual summer pilgrimage to Lourdes is their biggest event which is open to young people in year 10 or above. Applications for this incredibly fulfilling experience are now open on their website and the deadline is the end of January 2024. For any more information, please go to [BCYS Summer Lourdes 2024 - Brentwood Catholic Youth Service](#) or email t.fusi@stbenedicts.essex.sch.uk

Mr Fusi


Lay Chaplain




FRIDAY 24TH NOVEMBER 2023

Feast of Saint Andrew Dung-Lac & Companions

Today, we commemorate the 130,000 to 300,000 Catholics who suffered martyrdom under the hands of the Vietnamese government between 1630–1886. We also remember many others who had to flee from their homes and villages, hide in the forests and mountains, or suffer exile to other countries, living in constant fear for their lives.



Loving God, source and origin of all fatherhood, who kept the Martyrs Saint Andrew Dung-Lac and his companions faithful to the Cross of your Son, grant, through their intercession, that, spreading your love among our brothers and sisters, we may be your children both in name and in truth. Amen



National Schools Trampolining Winner!

Congratulations to Jenson who won the National schools trampolining competition for the U13 Boys!



Online Monitoring and Filtering

At St Benedict's, safeguarding our students is at the core of everything we do.

Part of this is the online monitoring and filtering that we operate for laptops and other digital devices. St Benedict's uses a monitoring system called 'Smoothwall' and this filters specific websites that could cause harm to students if they were to access them - for example, anything connected to extremist or terrorist ideas. If a student accesses a site which is categorised in this way, their computer or device will display a message from Smoothwall, explaining that that site is blocked.

Parents and carers, we would ask that you monitor your children's internet access closely whilst they are not in college and contact us if you have concerns about internet use. Please be reassured that we will continue to safeguard your children with regards to internet access, but we do also need your help to make sure that students use the internet responsibly and understand about the dangers of what can seem to be an innocuous website at first glance, but which can be hazardous because of pop-ups or other links.

Please find a useful guide below to help you with monitoring your child's internet usage and building online resilience. Please do not hesitate to contact a member of the safeguarding team should you need any further support or help.

Mrs Davis

Assistant Principal - Safeguarding

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to build an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guidance, facts and tips for adults.

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here –

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

MAKE POSITIVE LIFESTYLE CHOICES

- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.


GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cathy Langston is a registered counsellor with the British Psychological Society and a qualified teacher. She has over 10 years of experience working in schools, colleges and universities. She is the author of the book 'Digital Resilience: A Guide for Parents and Teachers' and has been featured in the media for her work on digital resilience.





National Online Safety
#WakeUpWednesday

[@nationalonlinesafety](https://twitter.com/nationalonlinesafety)
[/NationalOnlineSafety](https://facebook.com/nationalonlinesafety)
[@nationalonlinesafety](https://instagram.com/nationalonlinesafety)
[@nationalonlinesafety](https://tiktok.com/@nationalonlinesafety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.01.2023

Sparx Reading Club

As of this week, all year 9 and Year 10 students are expected to use Sparx Reader to complete weekly reading homework. We are offering two reading clubs to support our students with this homework - please see details below.

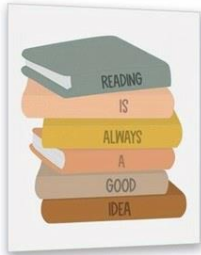
Mrs Hunter

Teacher of English and Literacy Co-ordinator

Years 9 & 10

Sparx Reader Reading Club

**Struggling to read at home?
Get your Sparx reading completed in one
of our clubs!**



Tuesday
before school
**8.15 am –
8.45 am**
in Room 6

Thursday
after school
**3.30 pm –
4.15 pm**
in the Library



#loveread

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

Godspell - the college musical 2024

Rehearsals are now well underway for, what is looking to be a fantastic show! All cast members have been working together extremely well and it demonstrates that St Benedict's students are hugely talented!

Rehearsals are always on Mondays and Wednesdays after college until 4.45 pm. 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 tight deadline and rehearsal time is

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

It really is so exciting to see this classic and award-winning production come to life. We always set our standards high and our cast members are exceeding expectations consistently. We are so proud of them.

Mrs Davies

Teacher of Drama





Newspaper Donations Needed!

If you have any unwanted newspapers, please donate them to the art and technology department

Please bring any donations to Mrs Stewart-Thomas in room 29. Thank you!

Mrs Stewart-Thomas

Head of Art, Design and Technology



Favourite Fiction Club

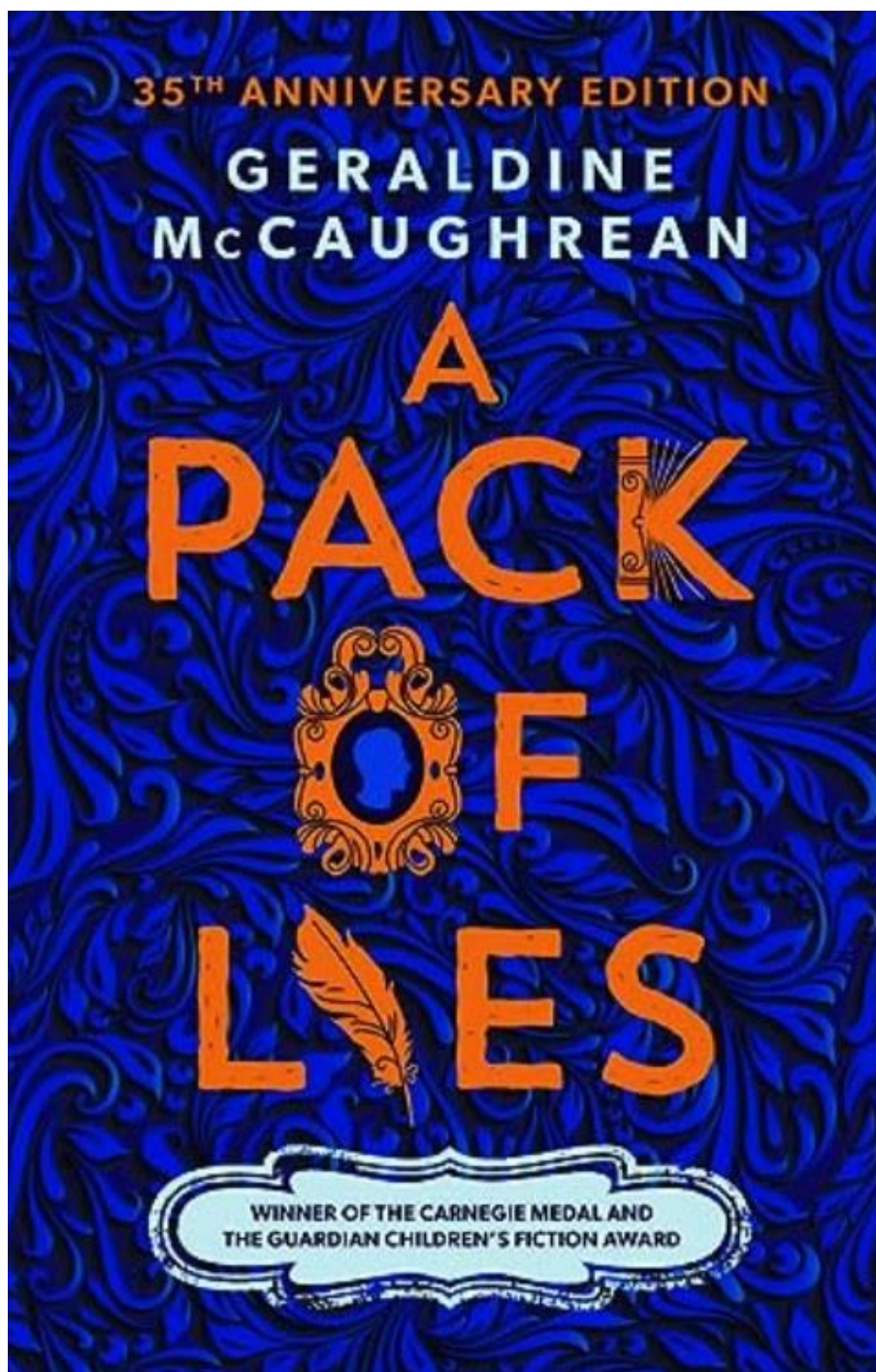
Favourite Fiction Club

Wednesday 3.30 pm - 4pm, in the Library

Read, Discuss, Share!

just one
MORE
CHAPTER

Book of the Week



1 - [*A Pack Of Lies* by Geraldine McCaughrean](#)

A Pack Of Lies by Geraldine McCaughrean, winner of the Carnegie Medal, 2018

When the mysterious MCC Berkshire starts working in Povey's Antiques Emporium, he turns Ailsa's life upside down. Ailsa's mum isn't very good at running a shop, but MCC can sell even the most rickety old piece of furniture, and in the strangest way possible. Every time a customer is interested in something, he tells them a wild and fantastical tale about it, ranging from detective to ghost stories to adventures on high seas. Ailsa is fascinated, even though she knows it's just a pack of lies... or is

it? Strangely, MCC seems to be the only thing in the shop that doesn't have a story. Who is he, and why is he even here?

Mrs Sullivan

Reader Leader

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 on [here](#)



Monday Week 2

Main Meal

Chilli con carnie, rice & tortillas	£2.35	Wheat/gluten/milk/soya
Jacket potato & beans	£1.25	
add cheese	£1.05	Milk

Veggie Option

Quorn chicken & savoury rice	£2.35	Egg
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Grab and Go

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	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

*from November 23)

Salad bar

Salad box	£1.05
Tuna	£1.05
Eggs (x2)	£1.05
Ham	£1.05
Cheese pot	£1.05

Drinks

Water	£0.50
Milk carton Various flavours	£0.65
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 2



Main Meal

Thai chicken & savoury rice	£2.35	Wheat/gluten/milk/soya
Jacket potato & beans	£1.25	
add cheese	£1.05	Milk

Veggie Option

Spicy 5-bean chilli, rice & tortillas	£2.35	Egg
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Grab and Go

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	Wheat/gluten
Tomato & spinach pasta	£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	



Wednesday Week 2



Main Meal

Mini toads, mash, veg & gravy	£2.35	Gluten/milk
Jacket potato & beans	£1.25	
add cheese	£1.05	Allergens detailed on product

Veggie Option

Vegetarian mini toads, mash, veg & gravy	£2.35	Gluten/milk
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Grab and Go

Chicken goujon wraps	£1.75	Wheat/gluten
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
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 2



Main Meal

Beef chow mein & prawn crackers	£2.35	Wheat/gluten/milk/soya
Jacket potato & beans	£1.25	
add cheese	£1.05	Milk

Veggie Option

Vegetable noodles and crackers	£2.35	Gluten
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Grab and Go

Spicy chicken fajita	£1.60	Wheat/gluten
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
Selection of sub rolls	£1.65	Allergens detailed on product
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 Various flavours	£0.65	Milk
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 2



Main Meal

Scampi popcorn, chips and beans	£2.35	Wheat/gluten/fish
Jacket potato & beans	£1.25	
add cheese	£1.05	Milk

Veggie Option

Vegetable burger and chips	£2.35	Gluten
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Grab and Go

Mac cheese tuk tuk	£1.05	Wheat/gluten/milk
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	Milk
Nachos & salsa	£0.65	
Nachos & guacamole	£1.00	
Chips	£1.00	
Selection of sub rolls	£1.65	Allergens detailed on product
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 Various flavours	£0.65	Milk
Radnor fizz	£0.70	
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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 thank you for your hard work. This week's 3 respect points go to Magdalena and Aleeza of 8D. Congratulations!

Mr Asamoah

Teacher of maths and Numeracy Coordinator

A display of work done by Magdalena and Aleeza below in respective order

WEEK 33 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	$8 + \square = 20$	12	1	$24 \div 6 = \square$	4	1	$411 + 9683$	10094
2	Double 20	40	2	$\square \div 6 = 7$	42	2	$2^1 \div 4 \times 4$	20
3	$173 + 10 = \square$	183	3	$21 \div \square = 3$	7	3	Write 950546 in words. Use the opposite page for your answer	
4	$99 - 70 = \square$	29	4	$24 \div \square = 4$	6	4	$50 - 8.98$	41.02
5	$7 - 3 = \square$	4	5	$5 \times \square = 10$	2	5	Simplify $14/70$	1/5
6	$102 - 90 = \square$	12	6	$5 \times 10 = \square$	50	6	Which is the highest number, -10 or -9?	-9
7	$62 + 15 - 62 + 8 = \square$	15	7	$20 \div \square = 10$	2	7	Value of the dot	24
8	$37 - 9 = 37 - 7 - \square$	2	8	$\square \times 10 = 50$	5	8	Is 29 a multiple of 6?	No
9	$\square \times 3 = 3 + 3 + 3$	3	9	$10 \times \square = 90$	9	9	What is the value of $\frac{1}{11}$?	0.09
10	What time is shown on the clock?	2:35	10	$5 \times \square = 35$	7	10	$3/8 = \square/64$	24
Total out of 10		10	Total out of 10		10	Total out of 10		9



MENTAL STRATEGIES: 10
TIMESTABLES: 10
KEY SKILLS: 9 +
MY NINJA BELT: brown
NINJA SCORE: 29

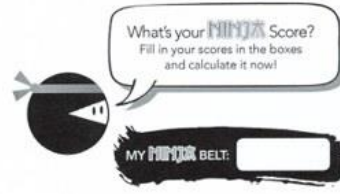
WEEK 33 SESSION 1 - Answer as many questions as you can in 5 mins

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	$8 + \square = 20$	12	1	$24 \div 6 = \square$	4	1	$411 + 9683$	10094
2	Double 20	40	2	$\square \div 6 = 7$	42	2	$2^1 \div 4 \times 4$	20
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7	$62 + 15 - 62 + 8 = \square$	15	7	$20 \div \square = 10$	2	7	Value of the dot	24
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9	$\square \times 3 = 3 + 3 + 3$	3	9	$10 \times \square = 90$	9	9	What is the value of $\frac{1}{11}$?	0.09
10	What time is shown on the clock?	2:15	10	$5 \times \square = 35$	7	10	$3/8 = \square/64$	24
Total out of 10		10	Total out of 10		10	Total out of 10		10



MENTAL STRATEGIES: 10
TIMESTABLES: 10
KEY SKILLS: 10 +
MY NINJA BELT:
NINJA SCORE: 30

Full Leader board as of Thursday morning 23rd November 2023 below

<u>Leaderboard</u>			
7S	828	9S	379
7T	822	9T	925
7B	670	9B	499
7E	590	9E	948
7N	936	9N	655
7D	960	9D	985
8S	879	10S	283
8T	684	10T	355
8B	397	10B	330
8E	637	10E	244
8N	661	10N	225
8D	464	10D	356



Maths Joke

Q. What do you call a saucepan of
simmering soup on top of a mountain?

A. A high-pot-in-use!

Week Commencing Monday 27th November - 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.