



St Benedict's Catholic College

Newsletter Issue 12- Friday 1st December 2023

Message from the Principal

Dear parents, carers, students and friends

Celebrating the successes of our wonderful young people has always been the most enjoyable part of being the Principal of St Benedict's. This week there have been plenty of opportunities to see our students shine. Assemblies this week have showcased scenes and songs from the cast of 'Godspell', to whet the appetite for what looks like will be a fantastic college production in the spring term. The cast are certainly very talented and are rehearsing twice a week with Mrs Davies and Ms Orme to bring the musical together.

Thursday evening saw one of the highlights of the year, our annual presentation evening. It was an absolute pleasure to be joined by our guest speaker, former student Jamie Baker, to present certificates and awards to the class of 2023. His witty and amusing speech highlighted the importance of resilience and optimism, as well as inspiring others to think about university and beyond. We are very grateful to Jamie for travelling back from university to spend the evening with us. We are so proud of all of our old year 11 students and it was great to hear what they're up to now as we enjoyed a lovely buffet at the end of the evening. My thanks to all of the staff who worked so hard to make this fantastic event happen.

This morning the Vice Principal and I presented Jack Petchey awards to two students who exemplify the values and ethos of our college. Both were nominated because of their contributions to different aspects of college life. The Jack Petchey Awards scheme celebrates, recognises and rewards the achievements of young people across Essex and East London. We're very grateful to Mr Hallows who co-ordinates the scheme at the college.

As the weather gets colder, please can I remind everyone that coats, hats, scarves should be dark coloured, such as plain black or dark blue, without embellishments or logos of any kind. Expensive fashion garments are not suitable for college, nor are hoodies. Any outer coat must be suitable to wear over a blazer, as a blazer must be worn at all times. Thank you as always for your support with maintaining the smart appearance of our students.

Next week we will launch our Christmas collection for Colchester Foodbank. Students will be encouraged to bring in an item to our canteen, where we will have a large wheelie bin to collect donations in. At this time of year, festive items such as biscuits, treats or chocolates are welcome, but the Foodbank also specifically needs long life milk, long life juice, shampoo, squash, tinned fruit, deodorants, tinned potatoes, tinned puddings, tins or packets of custard, jam, toothpaste, shower gel, small jars of coffee and tinned tomatoes at this time. Many thanks for your support.

Mrs J E Santinelli

Principal

Chaplaincy

The annual college Carol Service will take place on Monday 18th December 2023 at 6.00 pm in the Manning Hall. The evening will consist of prayer, scripture, musical performances and, of course, carols. It is shaping up to be a wonderfully festive and uplifting evening, with refreshments available after. If you would like to join us in this festive celebration of the birth of Jesus, please complete this form: <https://forms.office.com/e/b2iHD4V0i6>

Mr Fusi

Lay Chaplain

Friday 1st December 2023 Thirty-Fourth week of Ordinary Time

Last Sunday was the final Sunday of the Church's year and is marked by the Feast of Christ the King. It is the perfect way to end the year as it celebrates Christ's ascension into heaven where he is crowned King of the universe.

Jesus Christ, our Sovereign and Saviour, enthroned in glory over all creation, you are a shepherd to the lost and the least. Teach us to see your face among the poor— feeding the hungry, giving drink to the thirsty, welcoming the stranger, clothing the naked, and visiting those who are sick or in prison— so that we may spread your love to all corners of the world. Amen.



Christ
the King

Important Safety Announcement

For the safety of those students with severe nut allergies, please ensure that students do not bring **any** nut products into the college.



Christmas Lunch

Please remember to make your payment on ParentPay if you wish your child to receive a Christmas lunch by Monday 4th December.

If you do not have a ParentPay account or are having trouble with ParentPay, please contact the college office.



Swimming Achievement

Congratulations to Harvey in year 8 who competed in a swimming meet last weekend and achieved a number of top 3 finishes and 4 personal best times.

He achieved 3 club records and has qualified for County Championships in 2 events. We wish him the very best of luck!

Mr Clegg

Head of PE



The Adventure-filled Story of Indria Colluns

The adventure-filled story of Indria Colluns by Manfredi in 7N

This is a story about an intrepid explorer and treasure hunter called Indria who loves going on exciting adventures. She is determined to discover the truth behind history's greatest myth such as the legendary Minotaur's Maze. This time, she is deep in the Columbian rainforest, searching for the mythical golden city of El Dorado. She faces danger from all kinds of wild animals but also befriends some of them. She is well prepared and has invented some original gadgets to help her on the journey. She eventually makes a number of rare and extraordinary discoveries.

This book, written by one of our students, can be read in the college library

Ms Cockcroft

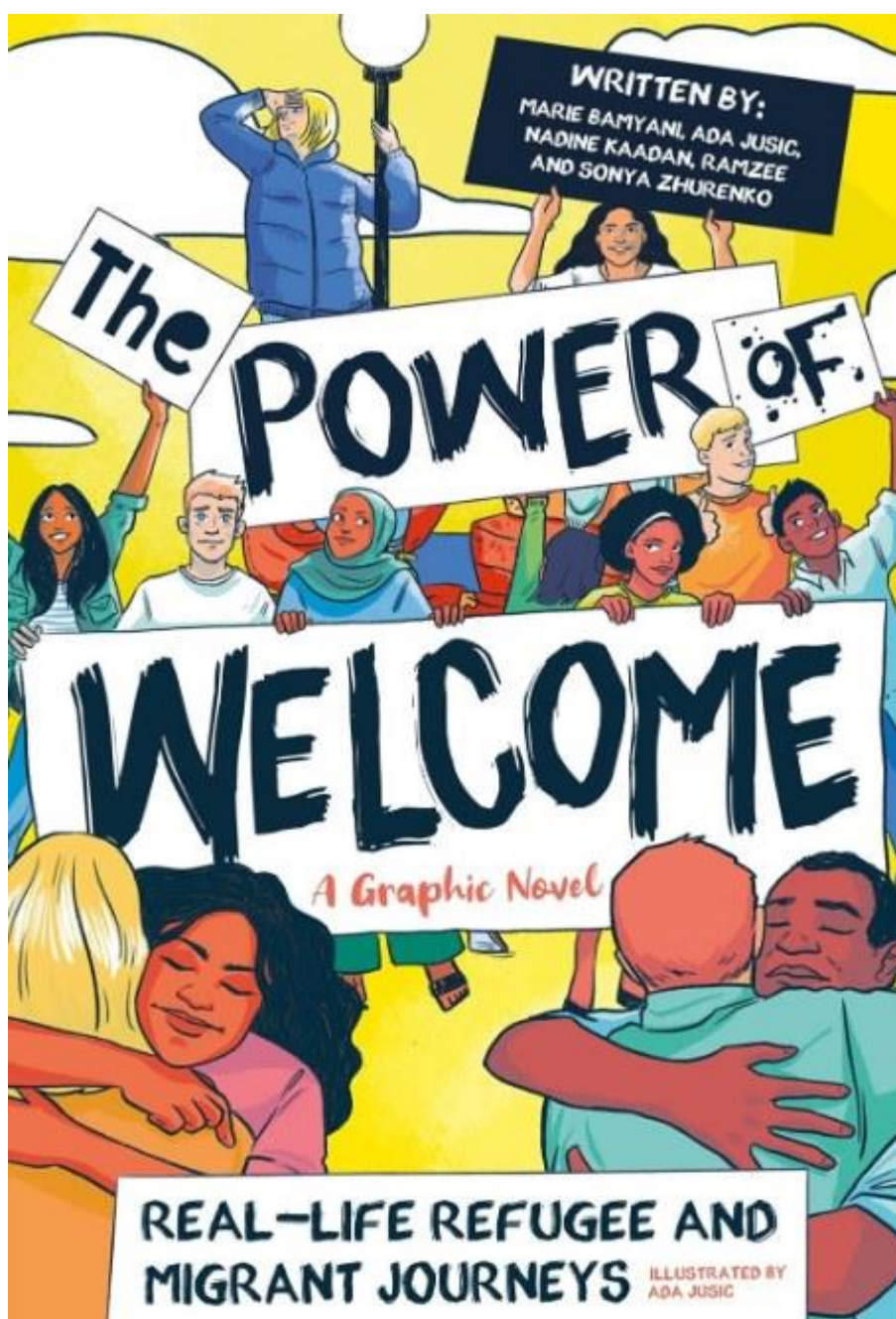
Librarian

Manfredi

The Adventure-filled
Story of Indria Colluns

Colchester
2022

Book of the Week



1 - [*The Power of Welcome* by Ada Jusic, Marie Bamyani, Ramzee, Sonya Zhurenko and Nadine Kaadan](#)

The Power of Welcome by Ada Jusic, Marie Bamyani, Ramzee, Sonya Zhurenko and Nadine Kaadan

A powerful graphic novel exploring the struggle for survival of refugees and displaced people.

Learn about people's experiences of Ukraine, Somalia, Bosnia, Syria and Afghanistan. This moving book contains important tales about the real journeys of people forced from their homes by conflict, illustrated by Bosnian refugee, Ada Jusic. Each story has an informative introduction about the country, written by award winning author Bali Rai.

Available from the college library.

Mrs Sullivan

Reader Leader

Sparx Reader

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



#lovereadings

Harmony in Art and Technology: Nurturing Nature, Cultivating Creativity and Crafting a Greener Future

In this rotation cycle of Technology & Art, many groups across the disciplines have been addressing themes within nature. From increasing biodiversity in year 7 Product Design, through bug hotels, to drawing steampunk themed animals in year 8 Art. Through this exercise, students have been thinking about their role as stewards of this world and what we can all do as individuals and as a community in promoting and cultivating a greener future. Whilst in Art, students have also been thinking about the impact industrialisation has had on our perceptions of nature. For the year 7 artists it was about rewarding the great start they have made at St Benedict's through sketching and, eventually devouring, sweets and treats! In year 8 textiles it was thinking about social injustices that we have inherited and how through accessories, such as tote bags, we can educate others and raise awareness as young activists and campaigners.

Following on from our role towards our world, in year 8 Product Design students have designed and made sustainably sourced clocks out of cardboard, aimed at reducing the consumer's carbon footprint, through recycling much of the packaging used to deck out our revamped Technology Block. Similarly, in year 8 Graphics students have learnt about the damage plastic does to our environment, from cradle to grave. Our year 8 graphic designers were put to the challenge to strategise about what we can do to reduce plastic consumption.

Subjects to nature ourselves year 7 and year 8s in Food Technology have been busy creating healthy nutritional dishes such as fruit and pasta salads in year 7 and ragus and pizzas in year 8. In parallel

year 7 graphic designers were given the brief of rebranding the infamous 'Happy Meal' to a healthy and sustainable meal. Inspired by the Malaysian student, [Regina Lim Chien Joo](#), the year 7s came up with thematic packaging which promoted this superior lifestyle within the fast food sector. Their own take on the 'Magical Forest', designed by Lim Chien Joo, was awe-inspiring.

With healthy living in mind, the year 7 textiles students designed wonderful fruit plushies taking inspiration from Japanese Kawaii culture. This helped the classes think about nutrients, minerals and sustainably sourced ingredients and materials whilst forging delicious culinary creations, both for edible and non-edible consumption.

To add icing to the cake our technology block is back in action! Click the link to have a look inside our new [tech rooms!](#)

All in all, a fruitful cycle. With a hefty bounty of talented young cooks, artists, creators and designers!































Shoe Box Appeal

Thank you to everyone who donated to this years shoe box appeal, the boxes have gone to St Johns church to join other donations and will be making their way to Romania in the next week!

Mrs Stewart-Thomas

Head of Art, Design and Technology



Communications sent out this week

Passport to the Prom - Year 11

GCSE in an additional language - Year 11

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

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's 3 respect points go to Marco and Josh of 10T. Congratulations!

Mr Asamoah

Teacher of maths and Numeracy Coordinator

A display of work done by Marco and Josh below in respective order

Topic: Reverse percentages

1.	A TV costs £800 including VAT at 20%. What was the price before VAT was added? Give your answer to the nearest 1p.			
	£666.66	£666.67	£640	£133.33
2.	A TV costs £950 including VAT at 20%. What was the price before VAT was added? Give your answer to the nearest 1p.			
	£791.66	£760	£158.33	£791.67
3.	After a pay rise of 2%, Priya earns £357 a week. Which calculation works out her pay before the pay rise?			
	$£357 \times 1.02$	$£357 \div 1.02$	$£357 \times 0.98$	$£357 \div 1.2$
4.	In a sale the price of a skirt is reduced by 18%. The sale price of the skirt is £26.24. Which calculation works out the price before the sale?			
	$£26.24 \times 0.82$	$£26.24 \times 1.18$	$£26.24 \div 1.18$	$£26.24 \div 0.82$
5.	In May the number of people visiting a museum is 17.5% lower than the number in April. In May 13 200 people visited the museum. Which calculation works out the number of people visiting the museum in April?			
	$13\ 200 \times 1.175$	$13\ 200 \div 0.825$	$13\ 200 \div 1.175$	$13\ 200 \times 0.175$

#RAG123 Reason for rating:

Multiple choice quiz

5/5

Topic: Fractions

1.	Which of the following answers is this mixed number fraction as an improper fraction?			
	$32/5$	$17/5$	$10/5$	$6/15$
2.	Find $\frac{2}{5}$ of £45			
	£9	£18	£112.50	£45
3.	Work out $\frac{4}{3} + \frac{1}{4} \times \frac{3}{5}$			
	$\frac{3}{7}$	$\frac{11}{12}$	$\frac{3}{12}$	$\frac{2}{12}$
4.	What is the correct first step when working out $\frac{9}{20} + \frac{1}{4}$?			
	$\frac{20}{9} \times \frac{1}{4}$	$\frac{9}{20} + \frac{1}{20}$	$\frac{9}{20} \times \frac{1}{4}$	$\frac{9}{20} \times \frac{4}{1}$
5.	Work out $4 \times \frac{3}{5}$			
	$\frac{12}{5}$	$\frac{12}{20}$	$\frac{3}{20}$	$\frac{23}{5}$

#RAG123 Reason for rating:

Multiple choice quiz

5/5

Maths Joke

People who can't tell the difference between whole numbers and decimals, are missing the point

Full Leader board as of Thursday 23rd November 2023 below

Leaderboard

7S	1007	9S	540
7T	822	9T	1164
7B	670	9B	718
7E	1007	9E	1180
7N	1182	9N	894
7D	1202	9D	1196
8S	1081	10S	283
8T	684	10T	472
8B	596	10B	432
8E	637	10E	244
8N	877	10N	312
8D	464	10D	465

Week Commencing Monday 4th December - 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.