



St Benedict's Catholic College Newsletter Issue 16 - Friday 12th January 2024

Message from the Principal

Dear parents, carers, students and friends

This week in assemblies our head student and deputy head students shared their new year's resolutions and other motivational messages with each year group. My newsletter slot this week is given over to sharing their ideas with you, by way of introduction to these able young leaders:

"My personal new years resolution for 2024 is to focus on my learning- not just on my grades. If I'm only focused of the next big test, I'll miss out on the parts of learning I enjoy, that make me want to learn more and that I find engaging. Because learning is ultimately more important than the grades themselves." Rebeca

"For my personal sporting goals I aim to run below 17 minutes in the 5km and to go sub 4:20 for the 1500m in the summer. I have also already achieved one of my main goals in qualifying for the English championships cross country this year in March. But on a more spiritual side of things this year I want to feel closer to God. As I feel life can distract me and maybe some of you from appreciating God for the gifts he has given us and having the privileges we take for granted." Declan

"My New Year's resolution is exploring and improving studying techniques to get more effective results to future tests. An example is the Pomodoro technique where you study 25mins, rest for 5 mins and then repeat that process for a while. Another is spaced repetition where you study one day, rest the next day, then write down all you remember that day. Information you don't remember you focus on more." Dwayne

"My resolution is to earn a distinction in my Grade 4 drums exam. With focused practice and dedication, I aim to achieve excellence in my drumming journey!" Eilidh

Wishing you all a restful weekend.

Mrs J E Santinelli

Principal





Chaplaincy

A close-up photograph showing a pair of hands clasped together, resting on an open book. The hands are positioned as if in prayer or deep reflection. The book's pages are visible, and the lighting is soft, highlighting the texture of the paper and the skin of the hands.

FRIDAY 12TH JANUARY 2024
FIRST WEEK OF ORDINARY TIME

"My heart exults in the Lord. I find my strength in my God" - 1 Samuel 2:1

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

Loving God, You are the light that guides my feet. You are the map that gives me direction. You are the peace that makes me strong. May your light illuminate my life and your guidance bring direction. May I find inspiration in your word and peace in my heart as I follow you. Amen.

Applications for summer Lourdes are open for anyone in year 10 or above and spaces are quickly being filled! The dates for the pilgrimage will be Saturday 20th July - Sunday 28th July 2024 which is the first week of the Summer holidays. This is an incredible experience for any young Catholic and a great opportunity to meet other young Catholics from across the Brentwood Diocese. For more information, please click this [link](#) which will take you to the application page where you can find all the details and instructions on how to apply! If you are a student and you're worried about how to pay for this pilgrimage, there will be a **Lourdes meeting in Room 33 at 3.30 pm on Tuesday 23rd January 2024** to explain exactly how to apply for different bursaries and funding that can cover more than half the cost.

Mr Fusi

Lay Chaplain

Extra Curricular Clubs - Spring 2024

Extracurricular clubs and activities Spring term 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch All Years 1.40 pm - 2.25 pm	Geography & Environment Club All Years Room 38 Mrs Welsh	Rock School All Years Room 3 Mr Radley	Polaris Award All years Music room Mrs Orme	French Club Year 7 & 8 Room L1 Mrs Hunt	Music Theory All years Music room Mrs Orme
		Alpha All Years Chapel Mr Fusi	Allies of LGBTQ+ All Years Room 16 Ms Lee	Choir All Years Music room Mrs Orme	Philosophy Club Years 7 & 8 Room 13 Mr Freedman
	Bible Study All Years Chapel Mr Fusi	Language Leaders Year 10 Room L2 Mrs Hunt	Brain Break All Years Chapel Mr Fusi	Social Justice Club All Years Chapel Mr Fusi	Ukelele Club Years 8 - 11 Drama studio 1.40 pm – 2 pm
	Newbies Computing Years 7 & 8 Room 33 Mr Johnson	Experts Computing GCSE Computer Science students Room 33 Mr Johnson	Flamenco Cajon Drumming All Years Drama room 1.40– 2 pm Ms Lesto	Textiles – Learn a new skill Years 7 – 9 Room 27 Mrs Holloway	Warhammer Club All Years Room 33 Mr Johnson
	Jazz Club Grade 3 or above Room 3 or Practice rm 2 Mr Asamoah	Drama Club All Years Room 10 Mrs Davies			
		Textiles GCSE coursework Years 10 & 11 Room 27 Mrs Holloway			
	Games Club All Years Room S1 Ms Rajgobal	Games Club All Years Room S1 Ms Rajgobal	Games Club All Years Room S1 Ms Rajgobal	Games Club All Years Room S1 Ms Rajgobal	Games Club All Years Room S1 Ms Rajgobal
		Mindful Colouring Years 7 - 9 Room 17 Mrs Ment			

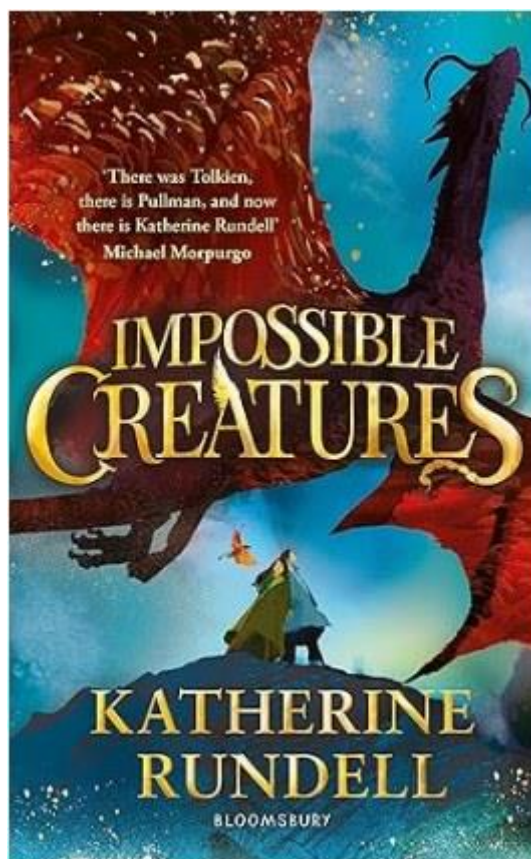
LUNCH TIME SPORTS CLUBS: Spring term 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Year 8 & 9 Boys Basketball JRI	Year 10 & 11 Boys Basketball JRI & CMC	Year 8 & 9 Girls Basketball LWI & KMU	Year 10 & 11 Girls Basketball KMU	Year 7 Boys & Girls Basketball JRI & CMC
Year 7 & 8 Netball LWI & KMU	Year 9, 10 & 11 Trampolining LWI	Table Tennis JRI	Multi-Gym LWI	Year 7 & 8 Trampolining LWI
Table Tennis ICL	Multi-Gym ICL	GCSE PE revision ICL	GCSE PE revision ICL	Multi-Gym ICL
All years Girls Football CMC			Table Tennis JRI & CMC	

Extracurricular clubs and activities Spring term 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
After College 3:30 pm - 4:30 pm	Reading Club Years 7 & 8 Library Mrs Sullivan	Art club Years 9-11 Room 29 Mrs Stewart-Thomas	Favourite Fiction Club Years 7 & 8 Library Mr Hallows	Art Club Years 9-11 Room 29 Mrs Stewart-Thomas	Warhammer Club All years 3.30 – 5.00 pm Room 33 Mr P Johnson
	Musical rehearsal All Years Music & Drama Mrs Davies	Further Maths GCSE Further Maths students Room 11 Mr Eves	Art Club Year 7 & 8 Room 29 Mrs Stewart-Thomas	Reading Club Years 9 - 11 Library Mrs Sullivan	GCSE Music Year 10 & 11 Music room Mrs Orme
		STE(A)M Science, technology, engineering, art and mathematics Years 7 - 10 Room 25 Mrs Adenekan and Ms Chase	Musical rehearsal All Years Music & Drama Mrs Orme & Mrs Davies		
			D of E Year 10 Room 4 3.45 - 5.00 pm Mr Thomson		

Book of the Week



1 - [*Impossible Creatures - Katherine Rundell*](#)

Impossible Creatures by Katherine Rundell

The author's first journey into fantasy and the start of an absorbing myth and quest trilogy.

Christopher is stunned when he discovers a passage to the Archipelago: a cluster of magical islands where all the creatures of myth still live and breed and thrive in their thousands. There, he meets Mal - a girl in possession of a flying coat, a baby griffin and who is being pursued by a killer. Together, they embark on an urgent quest to discover why the creatures are suddenly perishing: voyaging across the wild splendour of the Archipelago, where sphinxes hold secrets and centaurs murder in a bid to save both the islands and the world beyond them from a rising evil, before it's too late.

Mrs Sullivan

Reader Leader

Communications Sent Out This Week

Year 9 - Opal Coast information

Year 9 - GCSE Art and GCSE D&T trip to Victoria and Albert Museum

Year 10 & 11 - Science Revision Guides

Select Students - Costume for College production - Godspell

Lost & Found

If your child(ren) have lost any items at college, it may have been handed in to the college reception.

Check out our website or click [here](#) to have a look at what is currently in our lost and found. Items will be kept for 2 weeks and then donated to charity or disposed.



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
---------------------------------------	-------	---------------------------

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
--------------------------	-------	--------------

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
---------------------------------------	-------	-------------------

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
-----------------------------	-------	--------------

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

stbensofficial

Follow

Message



1,908 posts

1,776 followers

39 following

St Benedict's Catholic College

Comprehensive Catholic College in Colchester, Essex.

linktr.ee/stbensofficial



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

Numeracy Challenge

Welcome back and thanks for your hard work in the autumn term. The Numeracy Grandmasters Challenge continues this term. I am pleased with the increase in the number of black belt holders so far. Well done to you all.

Tutor group winners of last term's quiz are as follows:

7N, 8N, 9T and 9E (joint) and 10N

Will we be able to have one winner this time in year 9?

This week's 3 respect points go to Fiifi and Tobias of 8E. Congratulations!

Full leader board will be shared next week.

A display of work done by Fiifi and Tobias below in respective order.

WEEK 31 SESSION 1 – Answer as many questions as you can in 5 mins

MENTAL STRATEGIES – do these in your head

Q	Question	Answer
1	$\square + 2 = 5$	3 ✓
2	$100 - 17 = \square$	83 ✓
3	What is half of 9?	4.5 ✓
4	$105 - 10 = \square$	95 ✓
5	$62 + \square = 70$	8 ✓
6	$23 - 10 = \square$	13 ✓
7	$9981 - 9979 = \square$	2 ✓
8	$1 \times 5 = 5$, so $5 + 5 = \square$	10 ✓
9	What is 16:21 in 12 hour clock format?	4:21 ✓
10	What time will it be 37 minutes after 20:25?	21:02 ✓
Total out of 10		10

TIMESTABLES – do these in your head

Q	Question	Answer
1	$\square \times 7 = 14$	2 ✓
2	$34 \div 8 = \square$	4.25 ✓
3	$18 \div \square = 2$	9 ✓
4	$8 \times \square = 48$	6 ✓
5	$\square \div 3 = 9$	27 ✓
6	$\square \times 9 = 90$	10 ✓
7	$8 \times 10 = \square$	80 ✓
8	$3 \times \square = 27$	9 ✓
9	$4 \times 8 = \square$	32 ✓
10	$\square \div 4 = 6$	24 ✓
Total out of 10		10

KEY SKILLS – you may use written calculations for these questions

Q	Question	Answer
1	$838 \times 92 = \square$	77096 ✓
2	$6931 - 3947 = \square$	2984 ✓
3	$2.9 \times 6.22 = \square$	18.038 ✓
4	$62/100 = \square \%$	62% ✓
5	$(-10) \div (-2) = \square$	5 ✓
6	Round 84.6193 to 1 decimal place	84.6 ✓
7	Round 545 to 1 s.f.	500 ✓
8	What is the letter at (-1, 1)?	G ✓
9	What is 2/3 of 6?	4 ✓
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

WEEK 31 SESSION 1 – Answer as many questions as you can in 5 mins

MENTAL STRATEGIES – do these in your head

Q	Question	Answer
1	$\square + 2 = 5$	3 ✓
2	$100 - 17 = \square$	83 ✓
3	What is half of 9?	4.5 ✓
4	$105 - 10 = \square$	95 ✓
5	$62 + \square = 70$	8 ✓
6	$23 - 10 = \square$	13 ✓
7	$9981 - 9979 = \square$	2 ✓
8	$1 \times 5 = 5$, so $5 + 5 = \square$	10 ✓
9	What is 16:21 in 12 hour clock format?	4:21 ✓
10	What time will it be 37 minutes after 20:25?	21:02 ✓
Total out of 10		10

TIMESTABLES – do these in your head

Q	Question	Answer
1	$\square \times 7 = 14$	2 ✓
2	$34 \div 8 = \square$	4.25 ✓
3	$18 \div \square = 2$	9 ✓
4	$8 \times \square = 48$	6 ✓
5	$\square \div 3 = 9$	27 ✓
6	$\square \times 9 = 90$	10 ✓
7	$8 \times 10 = \square$	80 ✓
8	$3 \times \square = 27$	9 ✓
9	$4 \times 8 = \square$	32 ✓
10	$\square \div 4 = 6$	24 ✓
Total out of 10		10

KEY SKILLS – you may use written calculations for these questions

Q	Question	Answer
1	$838 \times 92 = \square$	77096 ✓
2	$6931 - 3947 = \square$	2984 ✓
3	$2.9 \times 6.22 = \square$	18.038 ✓
4	$62/100 = \square \%$	62% ✓
5	$(-10) \div (-2) = \square$	5 ✓
6	Round 84.6193 to 1 decimal place	84.6 ✓
7	Round 545 to 1 s.f.	500 ✓
8	What is the letter at (-1, 1)?	G ✓
9	What is 2/3 of 6?	4 ✓
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

Maths Joke

What do you call a man who spent all summer at the beach?

A tangent. (A tan gent.)

Week Commencing 15th January 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.

Colchester Food Bank



St Benedict's College

for supporting Colchester Foodbank.

We are extremely grateful for your amazing
Christmas 2023 donation

Of 303 kgs

This will make a BIG difference to local individuals, children and families who
face food and financial crisis at this time and will be of great help in the
forthcoming months.

Registered Charity Number: 1152387

Registered in England and Wales

Vaccination Catch Up Service



NHS
Essex Partnership University
NHS Foundation Trust

VACCINATION CLINICS

Has your child missed their school vaccinations?

We are running catch up clinics in your area.

Where: Green Lodge, Old Road, CO15 3AY
When: Saturday 13/01/24
Time: 10am to 3pm

Where: Stanway Youth Centre, CO3 0PZ
When: Saturday 27/01/24
Time: 10am to 3pm

Year 10 & 11 pupils only

- HPV (Cancer vaccine)
- Meningitis ACWY
- Diphtheria, Tetanus and Polio Booster

Reception to Year 11

- Flu Vaccine (Nasal & Injection available)

If your child is eligible, don't delay.
Book your nearest clinic NOW or for more information on missed vaccinations please call 0300 790 0597.

#DOYOURBIT

EP0996c

Covid-19 Vaccination Clinic

Colchester Hospital will be running a Covid-19 vaccination clinic for children aged 5-11 with additional needs on 14th January. Appointments can be requested by emailing pando@snee.nhs.uk. Referrals will need to be made by the child's parent/carer.



Colchester Teacher Training Consortium Open Evening

