



St Benedict's Catholic College Newsletter Issue 18 - Friday 26th January 2024

Message from the Principal

Dear parents, carers, students and friends

It's been an absolute delight this week to see even more additional enrichment opportunities being made available to our students, thanks to the dedication and commitment of our teaching and support staff. On Tuesday Mrs Wallis organised a special learning experience for year 9 students,

who were able to hear first hand about the experiences of a Holocaust survivor, who spoke via a Holocaust Memorial Day webcast. Mr Clegg arranged for some top level coaches from Colchester Rugby Club to come in and work with our young people every Tuesday after college and the feedback has been amazing!

Mrs Davies, Mrs Orme and a team of volunteer staff are devoting hours of their free time in order to put on our first whole college musical since 2019 – they're running rehearsals, designing the set, planning the performances and much, much more. I know that the students involved are enjoying every minute and can't wait to perform Godspell to packed audiences on Wednesday 14th, Thursday 15th and Friday 16th of February. Seeing this wonderful show is also going to be a great way to begin our Lenten journey by focusing on the life of Christ. Personally, I can't wait to see it and have booked my tickets already – tickets can be purchased via ParentPay - please get them early so you don't miss out! My sincere thanks to all the staff who give their time and energy so generously to support the education and personal development of our students.

I have written this week to all parents and carers under separate cover regarding misuse of social media. There is some helpful advice and information about this topic included in this week's newsletter, as well as an invitation to an online safety event at the college.


Mrs J E Santinelli

Principal

Chaplaincy

DID YOU KNOW...

Saints Timothy and Titus were converted by Saint Paul and became two of his most important helpers.

An illustration of two saints, Timothy and Titus, shown from the chest up. They are both wearing white robes with red crosses on the shoulders. Timothy is on the left, with a beard and a halo, looking slightly to the right. Titus is on the right, also with a beard and a halo, looking slightly to the left.

Friday 26th January 2024

FEAST OF SAINTS TIMOTHY AND TITUS

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

Saints Timothy and Titus, you were called by God to share in the ministry of Saint Paul, to go forth to preach, and to help all you encountered to reach the kingdom of Heaven. Your faith, determination and countless virtues assisted you in this mission. Please pray for me, that I may also share in these virtues and help those around me to experience God's love and grace through my words and actions.

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

Applications for Summer Lourdes 2024 will be closing at the end of next week. There are limited spaces which are being filled very quickly so make sure to complete the BCYS application form as soon as possible! If you need any help applying for bursaries, coming up with fundraising ideas or you're worried about anything, please speak with me or send an email to: t.fusi@stbenedicts.essex.sch.uk

Mr Fusi

Lay Chaplain

Did you know?

Did you know week- 22nd - 26th January

“Celebrating intellectual curiosity”

Did you know Loch Ness contains more freshwater than all of England's lakes combined?

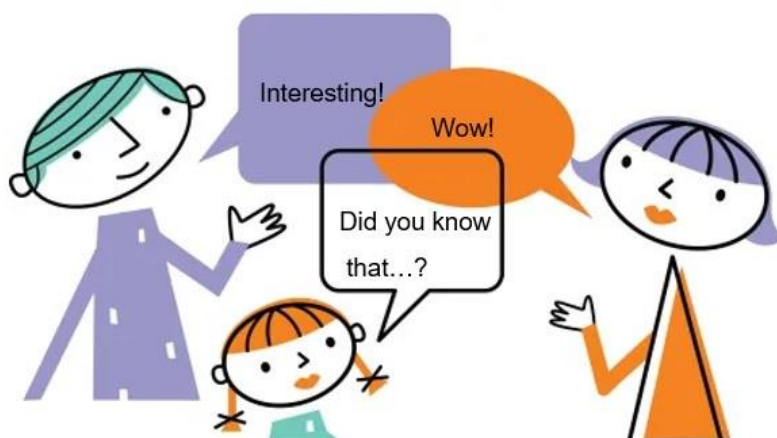
This and a myriad of other interesting facts have been shared by our students with their teachers as part of our Did you know competition.

It's safe to say that no other year group has matched the sheer determination of year 7 students to flood us with Did you know facts. As a result, they have secured themselves a well-deserved first place and the enviable prize of early break and lunches for next week.

If you are looking for an alternative for the mundane “How was school today?” we strongly encourage you to ask your child “What cool *did you know* facts have you heard at school this week?”

Mr Cretu

Assistant Principal



eSafety Training - 'The 2Johns'

To mark Safer Internet Week and support our commitment to our students online safety, on 8th February 2024 the 2Johns will be visiting St Benedict's.

They will spend an hour with each year group during the day, explaining to them about online safety and how to keep themselves out of dangerous situations. It promises to be an invaluable session for our young people.

We would like to invite parents and carers to join the 2Johns at 6.00 pm to learn about supporting your child whilst they navigate the online world. The event is free and will take place at 6.00 pm in the Manning Hall. You can book up to 2 seats per family, however, we would remind parents that this is a session for adults, so please leave your young person/people at home.

Please book a place via this link: <https://forms.office.com/e/HpuEe99LRi>

We look forward to welcoming you to college on 8th February.

Mrs Davis

Assistant Principal: Safeguarding



TikTok

TikTok is an extremely popular social media platform amongst teenagers.

As with all online platforms and social media, its use by young people can sometimes be irresponsible or lead them into unforeseen dangers. It is therefore wise that parents and carers familiarise themselves with the kind of content that their young people are watching and posting on this app.

Please find a helpful guide below to support you with navigating the platform. Should you be at all worried when you are checking this with your son or daughter, please contact your child's pastoral lead or a member of the safeguarding team for support.

Mrs Davis

Assistant Principal: Safeguarding

What Parents & Carers Need to Know about

TIKTOK

AGE RESTRICTION
13+
(Certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-18 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

While TikTok's "following" feed only displays videos from users you've followed, "For You" is a stream of clips based on their previously watched content. Most videos are a child's "For You" feed will therefore be age-appropriate and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads means they aren't manually monitored and vetted.

18+ CONCERN

DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the "blackout trend", which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s for youngsters using a fake date of birth are set to public by default. This not only means that someone's profile is visible to everyone else on the app, it also lets their videos be suggested to others and enables anyone to comment on them or even "duet" them.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £1.99 to an eye-watering £99. TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthday.

ADDICTIVE NATURE

TikTok can be addictive, especially for young people: compulsive repeated use can interfere with sleep patterns and be a distraction from other activities. The platform recently introduced default usage time limits of 60 and 90 minutes for new members under 18. In the UK, children with TikTok average 102 minutes per day on the app, but these restrictions can easily be removed in the settings.

TIKTOK NOW

Introduced in late 2022, the "TikTok Now" feature lets users post a 15s video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

Advice for Parents & Carers

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok accounts with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen time limits, and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

MAKE ACCOUNTS PRIVATE

Although under-18s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

Meet Our Expert

Carly Hogg is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of Tech Radar The Insider, Carly is now a freelance technology journalist, editor and consultant.

NOS National Online Safety
#WakeUpWednesday

Air Rocket Workshops

Did you know that Sir Isaac Newton is said to have invented the 'cat flap'? Well, to be honest this story is considered a legend by many historians. What is definitely true is that Sir Isaac Newton, with lots of evidence to back his work, has three laws of physics named after him. All three laws were explored in compressed air rocket workshops delivered by a company called Wonderstruck. A select number of students from year 7 - 11 worked in groups making model rockets, which were then launched outside - it was amazing the heights and distances some of the rockets got to. Well done to all the students that took part. The Wonderstruck presenter had only good things to say about their engagement and behaviour.

Mrs Adenekan

Teacher of Science



Parent Portal for Sparx Reader

We've seen fantastic engagement with our initial trial of Sparx Reader with years 9 and 10. This learning system is now being rolled out to years 7 and 8 and their first homework will be due on Friday 2nd February.

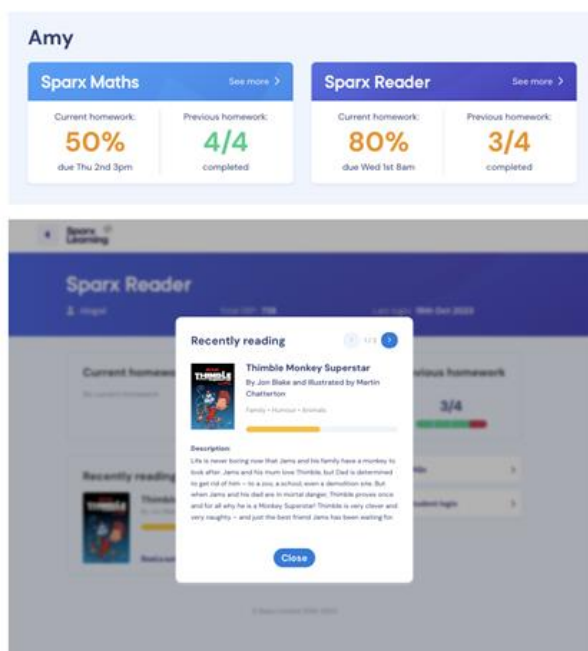
Parents who are familiar with their child using Sparx Maths will recall that they receive emails that update them on their child's maths homework each week. Parents who wish to see homework progress for Sparx Reader should click the link in the Sparx email which will take them to the parent portal, from there they can choose to view homework progress for any Sparx learning system their child is using. For Sparx Reader, parents can see progress with the current and previous homework, and browse books that their child has been reading as part of their current homework.

Reading homework is due at 9.00 am every Friday morning - students need to complete just 30 minutes careful reading on Sparx Reader. Students are rewarded for their efforts with respect points via Class Charts, or with negative homework points if they have not successfully completed the set reading.

Sparx Reader has been positively received by students so far and we look forward to seeing continued reading progress across the college.

Mrs Bishop

Head of Communications Faculty



Art and Design & Technology Trip to the V&A



If anyone requires financial assistance towards the art and design & technology trip to the V&A Museum on 16th April 2024 please refer to the [letter](#) and contact the pastoral lead, Mrs K Ninnis, by the deadline.

Mrs Stewart-Thomas

Head of Art, Design & Technology

Love Poetry Collage Challenge!

Rose are red and others are pink,

Here's a competition to enter,

What do you think?

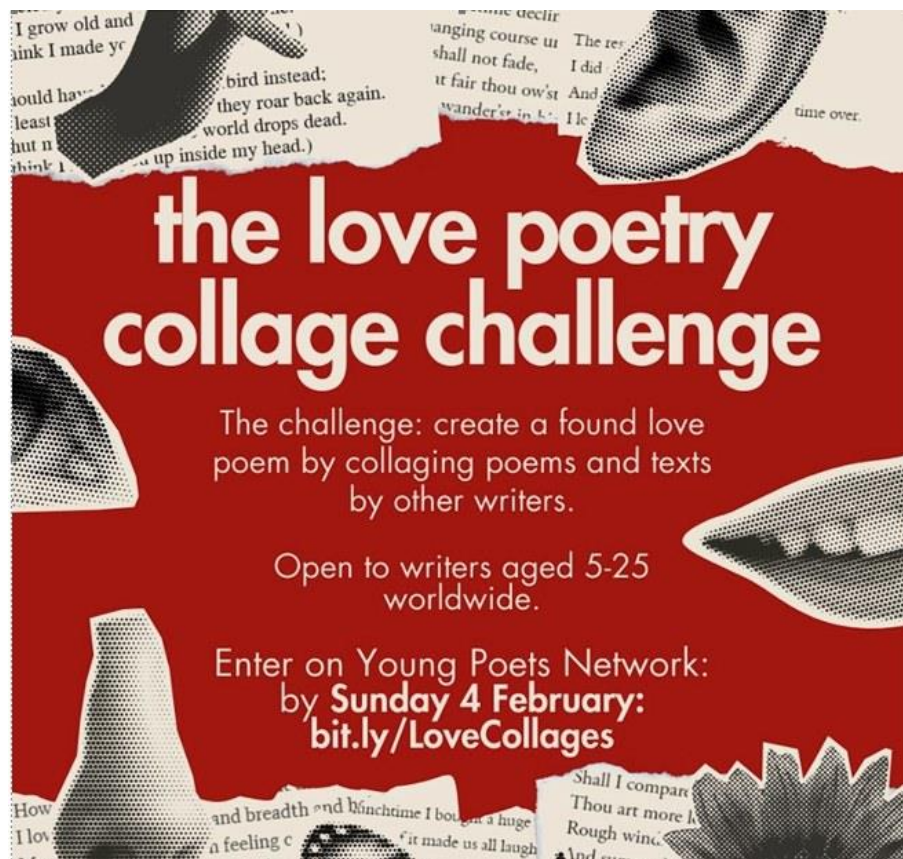
The Young Poet's Network are running an interesting and topical poetry competition to coincide with St Valentine's Day. Details of how to enter, instructions, ideas and stimuli can be found here:

<https://ypn.poetrysociety.org.uk/workshop/love-poetry-collage-challenge/>

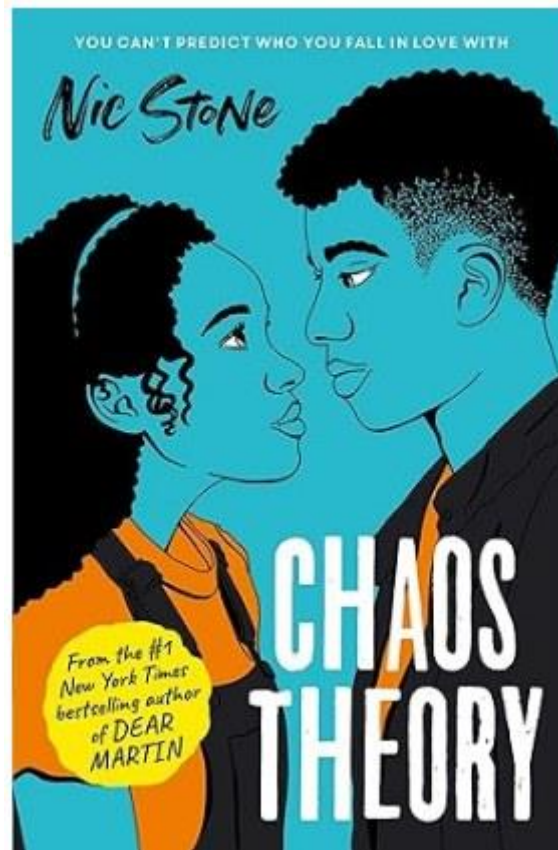
We would be delighted to see St Benedict's students creating poems to meet this challenge and taking the opportunity to enter the competition.

Mrs Bishop

Head of Communications Faculty



Book Of The Week



1 - [*Chaos Theory* by Nic Stone](#)

A fascinating romance between two teenagers: a certified genius living with a diagnosed mental illness and a politician's son who is running from his own grief and drink addiction. The closer they get to each other, the more the past threatens to pull their universes apart. This is a punchy novel about mental illness, loss and discovering you are worthy of love. A next read for fans of Angie Thomas, Danielle Jawando and Jason Reynolds.

Contains mature/sensitive themes.

Mrs Sullivan

Reader Leader

Equipped to Learn



Please can I ask for your support in ensuring that students have the right equipment needed for their Art, Design and technology lessons?

Pens, Pencils, Rubber, Ruler, Sharpener .

Mrs L Stewart-Thomas

Head of Art, Design & Technology

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/egg/dairy

Jacket potato & beans

£1.25

add cheese

£1.05

Milk

Veggie Option

Linda McCartney Sausage, mash & beans

£2.35

Soya/soya/gluten/egg/dairy/milk

Grab and Go

Chicken burger

£1.75

Wheat/gluten/veggie/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/soy/egg

Eggs (x2)

£1.05

Egg

Ham

£1.05

Sub/soy

Cheese pot

£1.05

Drinks

Water

£0.50

Milk carton

£0.65

Milk

Yogurt Flavours

£0.70

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

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/soya	
Pepperoni pizza	£1.25	Wheat/gluten/milk	
Cornish pasty	£0.75	Diet/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 21)			
Salad bar			
Salad box	£1.05		
Tuna	£1.05	Fish/milk/egg	
Eggs (x2)	£1.05	Egg	
Ham	£1.05	Sub/soya	
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/soya	
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 21)			
Salad bar			
Salad box	£1.05		
Tuna	£1.05	Fish/milk/egg	
Eggs (x2)	£1.05	Egg	
Ham	£1.05	Sub/soya	
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	Celery/soya/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 21)			
Salad bar			
Salad box	£1.05		
Tuna	£1.05	Fish/milk/egg	
Eggs (x2)	£1.05	Egg	
Ham	£1.05	Sub/soya	
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/soya	
Jacket potato & beans	£1.25		
add cheese	£1.05	Milk	
Veggie Option			
Cheese & broccoli quiche & chips	£2.35	Milk/egg/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	
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Yum Yum	£0.85	Wheat/milk	
Doughnut	£0.70	Wheat	
Popcorn	£1.00		
Proper Chips	£1.00		

Communications Sent Out This Week

Whole School - Social Media/ TikTok Information

Instagram Highlights

stbensofficial

Follow

Message

1,921 posts

1,787 followers

39 following

St Benedict's Catholic College

Comprehensive Catholic College in Colchester, Essex.
Norman Way, Colchester, Essex Co3 3us

linktr.ee/stbensofficial







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

Numeracy Challenge

Well done and thanks for your hard work this week. This week's 3 respect points go to Hubert and Hayley of 7E. Congratulations!

Mr Asamoah

Teacher of maths and Numeracy Coordinator

A display of work done by Hubert and Hayley below in respective order.

WEEK 31 SESSION 3 – Answer as many questions as you can in 5 mins

MENTAL STRATEGIES – do these in your head

Q	Question	Answer
1	$2 + \square = 5$	3
2	$37 + \square = 100$	63
3	What is half of 3?	1.5
4	$118 - 10 = \square$	108
5	$97 + \square = 100$	3
6	$134 - 104 = \square$	30
7	$4046 - 4042 = \square$	4
8	$9 \times 6 = 54$, so $54 \div 6 = \square$	9
9	What is 02:19 in 12 hour clock format?	2:19
10	From 3:39 pm, how many minutes until 4:08 pm?	29

Total out of 10 **10**

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

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

MY **MINIJA** BELT: **Black**
MINIJA SCORE: **30**

WEEK 31 SESSION 3 – Answer as many questions as you can in 5 mins

MENTAL STRATEGIES – do these in your head

Q	Question	Answer
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What's your **MINIJA** Score? Fill in your scores in the boxes and calculate it now!

MY **MINIJA** BELT: **black**
MINIJA SCORE: **30**

Leader board as of Thursday 25th January 2024.

Leaderboard			
7S	755	9S	759
7T	803	9T	668
7B	494	9B	995
7E	586	9E	949
7N	620	9N	644
7D	215	9D	714
8S	884	10S	107
8T	890	10T	285
8B	190	10B	376
8E	582	10E	321
8N	662	10N	86
8D	690	10D	86

Maths Joke

Why do plants hate math?
Because it gives them square roots.

2 - Maths Joke

Week Commencing 29th January 2024 - 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.