





St Benedicts Catholic College

Newsletter Issue 2 - 15th September 2023

Message from the Principal

Dear parents, carers, students and friends

Our year 7 students are really settling in well as they come towards the end of their second week at St Benedict's. It's been an absolute joy to see them getting engrossed in their lessons and taking full advantage of our excellent extra-curricular offer - well done to those students who've joined the choir already and sang beautifully at our academic Mass yesterday. Our sincere thanks to Fr Frank for celebrating Mass and sharing some great advice in his homily about taking advantage of everything the college has to offer this year.

I wrote to you this morning to share our excellent Ofsted report. This is my fourth Ofsted report since becoming Principal in 2012 and I remain exceptionally proud of our fantastic young people who make our college what it is - more than a school, a community.

The Vice Principal and I were delighted to present 38 year 11 students with their bronze DofE awards this morning. The current year 10 cohort have the chance to participate in this fantastic programme again this year, under Mr Thomson's expert guidance. Wishing everyone associated with the college a restful weekend,

Mrs J E Santinelli

Principal

Chaplaincy

It was fantastic to see so many enthusiastic students in the Chapel on Monday for our first Chaplaincy meeting! If you were unable to attend but would still like to become one of our Chaplaincy reps, the meetings will take place every Tuesday lunchtime in the Chapel.

As well as our Chaplaincy meetings on a Tuesday, the Chapel will be hosting other lunchtime clubs available throughout the week such as: Bible study on Monday, Brain break on Wednesday and Social justice on Thursday. More information about these clubs can be found on our [virtual notice board](#)

We will be continuing with the half-termly youth Masses in the St Benedict's Chapel this year with the first being celebrated on Thursday 19th October at 5.00 pm.

Finally, the BCYS still have places available for their annual "Youth Gather" at Mersea camp. This is one of their biggest and most exciting events which attracts young Catholics from all over Essex. It costs £70 per person which includes all the meals, accommodation and access to the wonderful outdoor activities on site. It takes places on the first weekend of the October half-term (Saturday

21st - Sunday 22nd) so applications must be completed as soon as possible! [Youth Gather 2023 - Brentwood Catholic Youth Service \(bcys.net\)](https://bcys.net)

Mr Fusi

Lay Chaplain

ASDAN

The ASDAN groups were treated to a stunning show of Sunflowers. The highest is over 7ft and we have never seen so many flower heads on one plant. Takes your breath away and so uplifting.

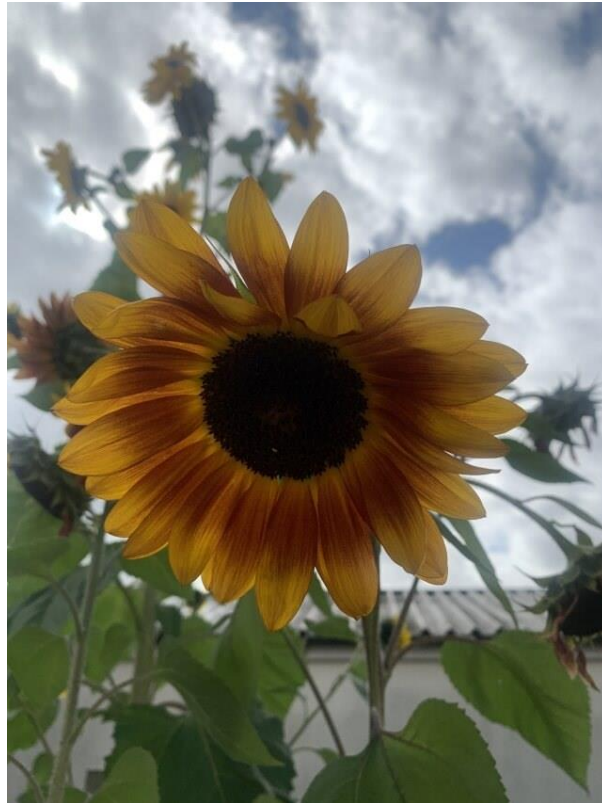
Here are some pictures but students can take a peek at the real thing by the Gillingham learning centre.

Mrs Cudmore

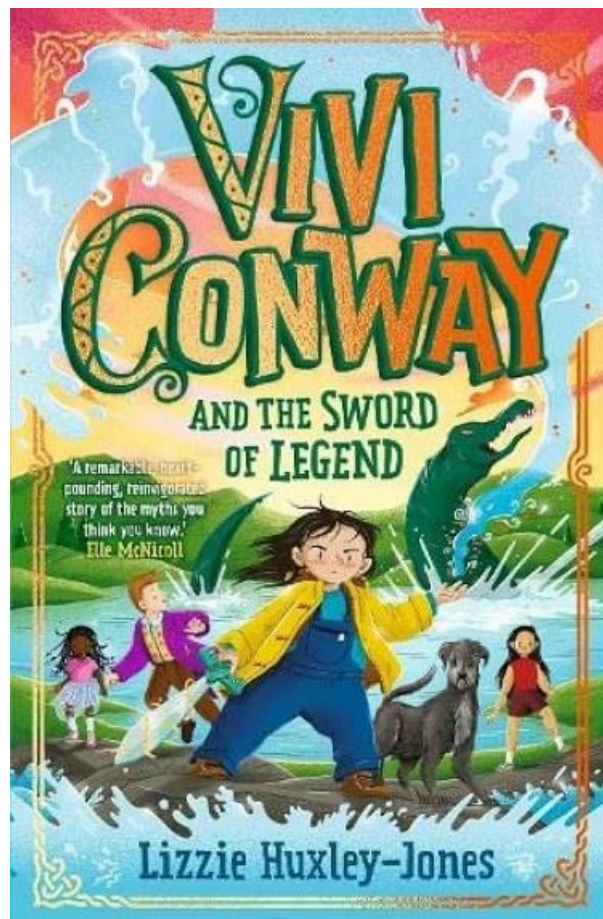
Teacher of Alternative Education







Book Of The Week



Vivi Conway and the Sword of Legend by Lizzie Huxley-Jones

An enthralling, magical adventure featuring some wonderful, diverse characters.

Vivi has grown up listening to stories about magic, monsters and myths. She's always wanted to be in one, but now she's drawn a sword from a lake, she's not so sure she wants to be a hero. With a group of new friends and a ghostly talking dog, Vivi is thrown into a legendary adventure that will take her from Wales to London to the mysterious Uplands.

Can Vivi be brave enough to embrace true friendship and her magical destiny to help protect the world from evil?

Available to borrow from our college library, a fantastical first in a series combining a quest for magic and friendship.

Mrs Sullivan

Reader Leader

Polaris Prize



POLARIS PRIZE
St Benedict's Catholic College

Enrichment programme which stretches and challenges you across the curriculum.

Activities and tasks = points = prizes

Meet every Wednesday lunch time in room 3 to show your work and receive additional support with your projects

For more information speak to Ms Orme

Book Buzz 2023

Bookbuzz is a reading programme from BookTrust that aims to help schools inspire a love of reading in 11 to 13 year olds. Once again we are offering all of our year 7 and year 8 students the chance to choose a book from the BookBuzz selection which have been carefully selected by a panel of experts to ensure quality and suitability and to encourage reading for pleasure. Year 7 and 8 students will be encouraged to make a choice about which title they wish to receive during their English lessons over the next week or so, these will then be delivered to college later in the autumn term.

Should you wish to learn more about BookBuzz, or to read more about the featured authors and titles, you can find out more through student zone on the BookTrust website.

Mrs Bishop

Head of communications faculty



Situational Awareness training

Saturn protective solutions are offering situational awareness training for teens in partnership with Colchester City Council. They have informed us that the course is suitable for students in year groups 7 to 11.


If you feel that your child may benefit from this course, please contact your child's pastoral lead for further details.

Mrs Davis

Assistant Principal - Safeguarding



SATURN
PROTECTIVE SOLUTIONS
LLP



Colchester
City Council

In partnership with

My Life – My Decision
The hard truth
A personal safety course for Teens

Who's controlling your friends?
They make you feel like you're friends, but you're nothing to them.
Zoe, 16

Street Defence

County Lines

Exploitation

Grooming

Knife Crime

Situational Awareness

Part 1
Friday 29th September 2023
5pm-7pm

Part 2
Saturday 30th September 2023
10am-12pm

Greenstead Community Centre

For more info and to book your free place contact:
info@saturnprotectivesolutions.com

This course promotes Situational Awareness which will empower young people to make the correct decisions when faced with the challenges of growing up in modern society.

Learn skills which will last a lifetime!

Online Safety

At St Benedict's we monitor the use of computers closely to ensure our students are safe online.

Please spend some time this weekend discussing with your child the importance of online safety and using search engines responsibly.

Please explore the site <https://www.internetmatters.org/> as they have an excellent range of resources, organised by age and topic to support parents and carers with managing their children's online experience, and helping them to navigate the internet safely and wisely.

Mrs Davis

Assistant Principal - Safeguarding



Choir club



Extra support for families

Extra support for families are very excited to be bringing their new ADHD and Emotional Regulation workshops to Colchester this September!



- ADHD Workshop – Monday 18th September – 10.45 am - 1.15 pm – Lakelands community centre, Stanway.

- Emotional Regulation – Monday 25th September – 10.45 am - 1.15 pm – Lakelands community centre, Stanway.

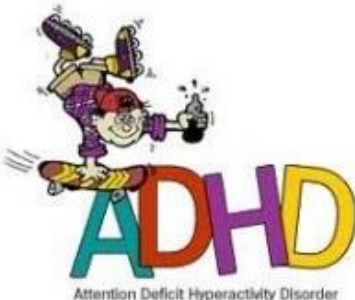
Referrals from professionals can be made by using their referral form. Parents referring themselves can get in touch by phone, email or completing the following form –

<http://www.surveymonkey.co.uk/r/referralself>

Both workshops are free to attend.



Attention Deficit Hyperactivity Disorder (ADHD) Workshop




This workshop will help parents/carers to understand Attention Deficit Hyperactivity Disorder (ADHD) and give tips on how to positively manage their children's behaviour


Lakelands Community Centre, Colchester
Monday 18th September 2023
10.45am—1.15pm


For more info or to book a place contact EXTRA on **01255 475001** or
 Email: admin@extrasupportforfamilies.co.uk
www.extrasupportforfamilies.co.uk








SUPPORT FOR FAMILIES
A Charitable Incorporated Organisation
Registered in England No: 1158891
Currently funded by:



Funded By








Emotional Regulation Workshop



This workshop will help parents/carers to support their children through those BIG emotions.

We will explore core emotions, what triggers them and learn strategies to help our children on the journey towards self regulation.

Lakelands Community Centre, Colchester

Monday 25th September 2023

10.45am—1.15pm

For more info or to book a place contact EXTRA on **01255 475001** or

Email: admin@extrasupportforfamilies.co.uk

www.extrasupportforfamilies.co.uk

extra
SUPPORT FOR FAMILIES

A Charitable Incorporated Organisation

Registered in England No: 1158891

Currently funded by:



Music Theory Club

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

Welcome back and thanks for your hard work this week. This week's 3 respect points goes to the following: Max and Jayden of 8D. Congratulations!

The Numeracy Grandmasters Challenge begins. To be a Grandmaster, all you need to do is be a black belt for most of this year's challenges. Your tutor will then nominate you for this award. Good luck!

Last year's winners were John 11D, Rimante 10T, Antony 9D and Fiifi 8E

Tutor group winners of last term's quiz were 7D now 8D, 8E now 9E, 9T now 10T and 10E now 11E.

Mr Asamoah

Teacher of maths and Numeracy Coordinator

A display of work done by Max and Jayden below in respective order.

NUMERACY NINJAS
5 MINUTE SKILL CHECK

WEEK 2 SESSION 1 - Answer as many questions as you can in 5 mins

MENTAL STRATEGIES - do these in your head

Q	Question	Answer
1	$11 \div 6 = 10$	4 ✓
2	What is double 5?	10 ✓
3	Half 63	31.5 ✓
4	$26 \div 30$	56 ✓
5	$98 \div 99$	197 ✓
6	$22 \div 10 = 22 \div 8 \div 10$	2 ✓
7	$3 \div 223$	226 ✓
8	$20 \div 61 \div 20 \div 60 \div 10$	1 ✓
9	$11 \div 3 = 5$	2 ✓
10	$11 \div 2 = 20$	18 ✓
Total out of 10		10 ✓

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

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

MY **NINJA** BELT: 13ack

NINJA SCORE: 30

NUMERACY NINJAS
5 MINUTE SKILL CHECK

WEEK 2 SESSION 1 - Answer as many questions as you can in 5 mins

MENTAL STRATEGIES - do these in your head

Q	Question	Answer
1	$11 \div 6 = 10$	4 ✓
2	What is double 5?	10 ✓
3	Half 63	31.5 ✓
4	$26 \div 30$	56 ✓
5	$98 \div 99$	197 ✓
6	$22 \div 10 = 22 \div 8 \div 10$	2 ✓
7	$3 \div 223$	226 ✓
8	$20 \div 61 \div 20 \div 60 \div 10$	1 ✓
9	$11 \div 3 = 5$	2 ✓
10	$11 \div 2 = 20$	18 ✓
Total out of 10		10 ✓

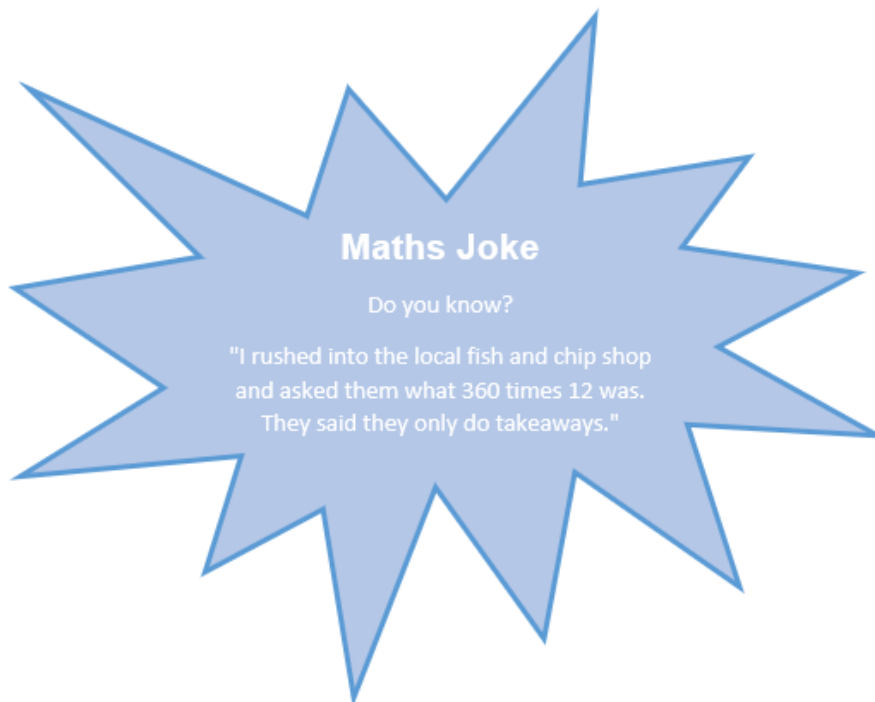
MENTAL STRATEGIES: 10
TIMESTABLES: 10
KEY SKILLS: 10 +

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

MY **NINJA** BELT: 19ack

NINJA SCORE: 30

Full Leader board of this week and next week will be shared next week.



Week Commencing 18th September 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.