



St Benedict's Catholic College  
Newsletter Issue 20 - 9th February 2024

## Message from the Principal

Dear parents, carers, students and friends

We pride ourselves at St Benedict's in providing our young people with lots of opportunities to develop their 'cultural capital', by which we mean chances to name, learn about and appreciate things that are outside their daily experience. Our 'did you know' strategy, Sparx Reader programme as well as a myriad of extra-curricular activities helps to keep this at the forefront each day. It is great fun to hear lots of useful and interesting facts and figures from students as they explore around the topics they are studying in class, too. This morning students in years 10 and 11 were enthralled by Simon Floyd's fantastic 'One Man Macbeth' - an exciting and engaging way to deepen knowledge and understanding about one of their key texts for English Literature GCSE.

This week learning extended to staff, parents and carers with the visit of internet safety experts the 2 Johns. All year groups had presentations, and a very helpful and eye opening seminar for parents and carers was held in the Manning Hall yesterday evening. My thanks the Assistant Principal Mrs Davis for organising this valuable opportunity to promote and highlight ways to ensure our young people develop and maintain safe behaviours online.

A few reminders for next week – as Lent begins with our service of Ashes on Wednesday, the Chaplaincy team have organised a 'Pot Luck Lunch', which will take place on Thursday in support of Cafod's Family Fast day. A letter has gone home about this and I would encourage as many young people as possible to take the opportunity to participate and help contribute to Cafod's valuable work to challenge poverty.

Thank you for your continuing support to ensure that students do not wear expensive branded outer garments to college instead of school coats. Coats should be of a plain, dark colour and suitable to wear over a blazer, as a blazer must be worn at all times.

Mrs J E Santinelli

Principal

## Chaplaincy

**Friday 9th February  
2024**  
Fifth week of Ordinary Time

Loving God, May your light of hope shine in the darkness today. Show us glimpses of your presence with us and the comfort you bring. In the busyness of today, help us to take a moment to be still and be with you. You are trustworthy, good, and true, and we thank you for caring for us so deeply and beautifully. Open our eyes to see you at work today. Amen.



On Wednesday we mark the start of the season of Lent with a service of Ashes. During the service, everyone will receive ashes (made from the palms used during last year's Palm Sunday) in the shape of a cross on their forehead. This is a symbol of our equality, our dependence on God, our repentance and our promise to try to become better versions of ourselves. Everyone is encouraged to keep the ashes on for as long as possible! Ash Wednesday is a day of abstinence and fasting so there won't be any meat being served in the canteen and we are encouraged not to snack or have any treats during the day.

On Thursday 15th February, the college will be celebrating CAFOD Family Fast Day with a Pot Luck lunch in the canteen. Students who would like to take part are invited to buy, via ParentPay, a ticket for £2.35. This will entitle them to either the standard canteen meal of the day or a bowl of soup and a roll – what they receive is down to 'Pot Luck'. The surplus money raised on the day will then be sent to CAFOD. For those who do not want to take part, the normal lunchtime choices will be available as usual. However, my hope is that as many students as possible will take part.

All the best and God bless,

Mr Fusi

Lay Chaplain

## Godspell Tickets

Tickets are still available to purchase for our college musical 'Godspell'.

Please come and support us by purchasing your tickets on ParentPay.

The students and staff have worked so hard, on and off stage and we are hoping to provide a fantastic experience for our community. Godspell is a fun and engaging performance that uses The Gospel of St Matthew to infuse new hope into the hearts of everyone. With hit songs such as 'Day by Day', our students cannot wait to showcase their unbelievable talent and dedication. Don't miss out!

Mrs Davies

Teacher of drama

St Benedict's Catholic College  
Presents



**THE AWARD WINNING,  
HIT MUSICAL!**

**Directed and choreographed by Mrs Davies**

**Musical Direction by Mrs Orme**

Performances at **7.00 pm** in The Manning Hall on

**Wednesday 14<sup>th</sup>, Thursday 15<sup>th</sup> &  
Friday 16<sup>th</sup> February 2024**

**Tickets are available on ParentPay for £5**

Doors open at 6.15 pm

Refreshments and programmes available for purchase (card only)

Conceived and originally directed by John-Michael Tebelak  
Music and New Lyrics by Stephen Schwartz  
Performed with permission from MTI Broadway Junior Collection

## One Man Macbeth

**'A drum, a drum, one-man Macbeth doth come!'**

Today, year 10 and year 11 were treated to a performance of Macbeth by the very talented Simon Floyd. Our students were utterly engaged and enthralled as Simon retold the entire narrative of Shakespeare's gory Jacobean tragedy, describing the scenes and atmosphere and depicting the full cast of characters through body language, voice and gestures alone.

Here is what our students had to say:

*"It was really amazing! When I heard it was just going to be one actor I didn't know what to expect, but he was very versatile and captured the plot and the characters very convincingly."*

*"The porter was really funny and he did Lady Macbeth and the witches really well too!"*

*"This was definitely really good revision for our year 11 in-class assessments for Macbeth which are coming up next week".*

Mrs Phaedra Bishop

Head of communications faculty







## Book of the Week



1 - [\*Be Resilient: How to Build a Strong Teenage Mind for Tough Times, by Nicola Morgan\*](#)

Some events in life will always be out of our control, whether it's a global crisis or a traumatic event at home; *Be Resilient* shows that the power to cope is in our hands.

Discover how to develop the skill of mental resilience in this fascinating guide from award-winning author and teenage brain expert Nicola Morgan. From building a support network to building optimism, find positive, practical advice for preparing for, coping with and bouncing back from the toughest of times. Authoritative and backed by the latest science, this is a reassuring companion for teenagers everywhere.


Mrs Sullivan

Reader Leader


## 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

\*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	£0.65
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

\*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	£0.65
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	£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	





## 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	£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	





# 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
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## 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
Eggs (x2)	£1.05
Ham	£1.05
Cheese pot	£1.05

## Drinks

Water	£0.50
Milk carton	£0.65
Various flavours	
Radnor fizz	£0.70
Radnor splash	£0.50

## Snacks

Granola pot	£1.05	Wheat/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



1,941 posts

1,794 followers

39 following

St Benedict's Catholic College

Comprehensive Catholic College in Colchester, Essex.

[linktr.ee/stbensofficial](https://linktr.ee/stbensofficial)

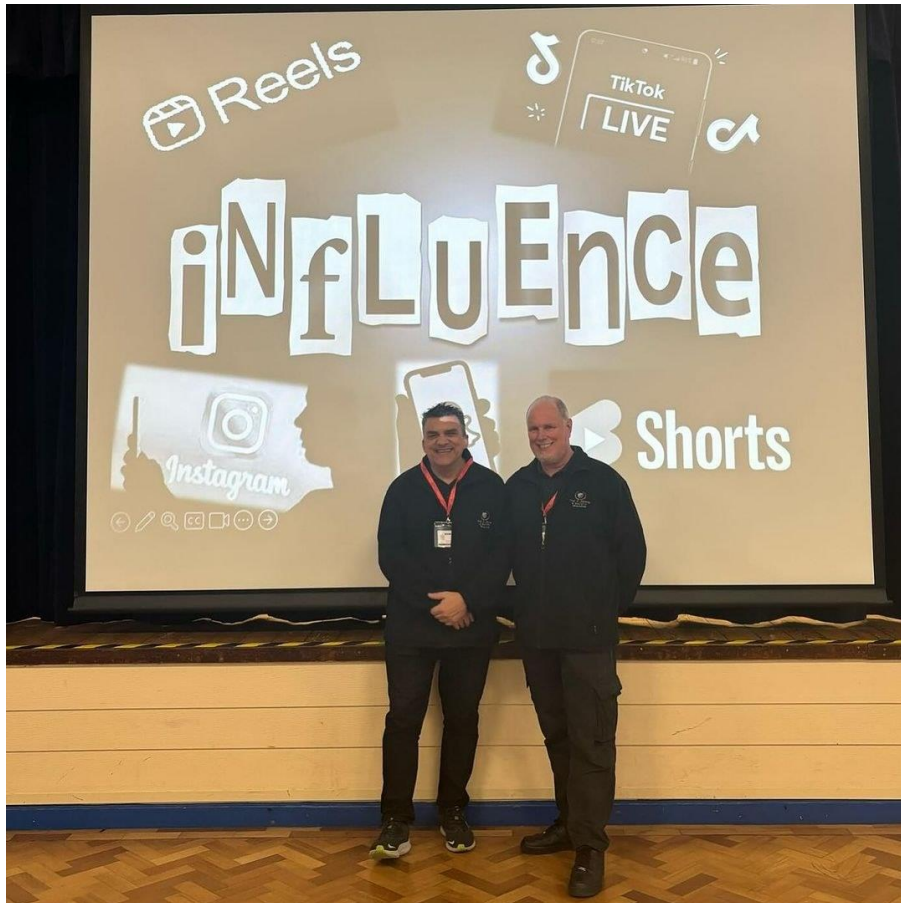
Followed by amy\_lynette\_walsh and phixtraining











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

## Communications Sent Home

All Students - [Pot Luck Lunch](#)

All Students - [Multi Cultural Day](#)

Year 8 - Virtual Parents' Evening

## Numeracy Challenge

Well done and thanks for your hard work. This week's 3 respect points go to Noah and Tom of 9B. Congratulations!

Mr Asamoah

Teacher of maths and Numeracy Coordinator

**WEEK 32 SESSION 1** - Answer as many questions as you can in 5 mins

**MENTAL STRATEGIES** - do these in your head

Q	Question	Answer
1	$10 \div 2 = \square$	5
2	Double 1	2
3	Halve 30	15
4	$51 \div 30 = \square$	1.7
5	$48 \div 40 = \square$	1.2
6	$6 \div 4 = \square$	1.5
7	$12 \div 13 = 12 \div 8 = \square$	1.5
8	$47 - 8 \div 47 = 7 - \square$	2
9	$9 \times 363 = \square$	3267
10	$48 \div 47 = 48 \div 40 = \square$	1.2
Total out of 10		10

**MENTAL STRATEGIES** - do these in your head

Q	Question	Answer
1	$8 \times \square = 32$	4
2	$\square \div 10 = 5$	50
3	$8 \times 5 = \square$	40
4	$3 \times 7 = \square$	21
5	$18 \times \square = 9$	0.5
6	$\square \times 7 = 56$	8
7	$\square \div 3 = 24$	72
8	$20 \div 5 = \square$	4
9	$42 \div 7 = \square$	6
10	Total out of 10	10

**KEY SKILLS** - you may use written calculations for these questions

Q	Question	Answer
1	$344 \div 4 = \square$	86
2	$8 \times 2 = 1$	17
3	$755.28 \div 8$	94.41
4	$7.93 \div 88.91$	0.089
5	$1 \div 36 = 1 \div 6$	0.277
6	$9 \div 3 = 7$ and $c = 4$ , what is the value of $2ab = c$ ?	16
7	$10 \div 10 = 10$	10
8	$10 \div 10 = 10$	10
9	What is the positive value of 1?	1
10	What is 150% of £290?	435
Total out of 10		10

**WEEK 32 SESSION 1** - Answer as many questions as you can in 5 mins

**MENTAL STRATEGIES** - do these in your head

Q	Question	Answer
1	$10 \div 2 = \square$	5
2	Double 1	2
3	Halve 30	15
4	$51 \div 30 = \square$	1.7
5	$48 \div 40 = \square$	1.2
6	$6 \div 4 = \square$	1.5
7	$12 \div 13 = 12 \div 8 = \square$	1.5
8	$47 - 8 \div 47 = 7 - \square$	2
9	$9 \times 363 = \square$	3267
10	$48 \div 47 = 48 \div 40 = \square$	1.2
Total out of 10		10

**MENTAL STRATEGIES** - do these in your head

Q	Question	Answer
1	$8 \times \square = 32$	4
2	$\square \div 10 = 5$	50
3	$8 \times 5 = \square$	40
4	$3 \times 7 = \square$	21
5	$18 \times \square = 9$	0.5
6	$\square \times 7 = 56$	8
7	$\square \div 3 = 24$	72
8	$20 \div 5 = \square$	4
9	$42 \div 7 = \square$	6
10	Total out of 10	10

**KEY SKILLS** - you may use written calculations for these questions

Q	Question	Answer
1	$344 \div 4 = \square$	86
2	$8 \times 2 = 1$	17
3	$755.28 \div 8$	94.41
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5	$1 \div 36 = 1 \div 6$	0.277
6	$9 \div 3 = 7$ and $c = 4$ , what is the value of $2ab = c$ ?	16
7	$10 \div 10 = 10$	10
8	$10 \div 10 = 10$	10
9	What is the positive value of 1?	1
10	What is 150% of £290?	435
Total out of 10		10

What's your **MENTAL** Score?

Fill in your scores in the boxes and calculate it now!

MY MENTAL BELT: **10**

MENTAL STRATEGIES: **10**

TIMETABLES: **10**

KEY SKILLS: **10**

MENTAL SCORE: **30**

What's your **MENTAL** Score?

Fill in your scores in the boxes and calculate it now!

MY MENTAL BELT: **10**

MENTAL STRATEGIES: **10**

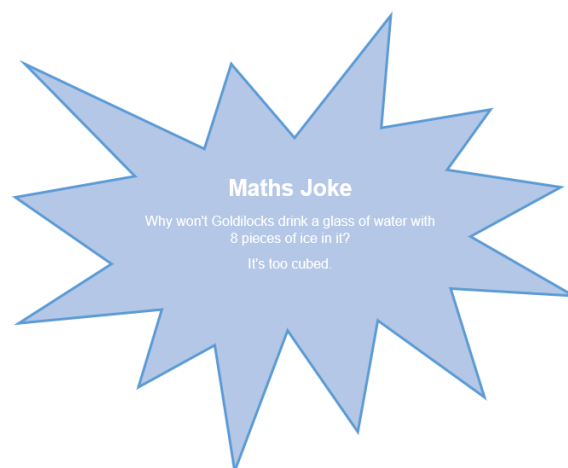
TIMETABLES: **10**

KEY SKILLS: **10**

MENTAL SCORE: **30**

## Leader board as of Thursday 9th February 2024

Leaderboard			
7S	970	9S	1149
7T	984	9T	1103
7B	986	9B	1241
7E	1020	9E	1440
7N	1045	9N	1066
7D	1096	9D	933
8S	1337	10S	315
8T	1096	10T	402
8B	877	10B	518
8E	981	10E	518
8N	1133	10N	532
8D	927	10D	280



## Week Commencing 12th February 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.*

## Kingsland Church - Free Packed Lunches for February Half Term

During February half term Kingsland Church are offering free packed lunches for children and young people, no questions asked.

Free packed lunches will be available as follows:

- Monday 19th February - Friday 23rd February
- Between 11.30 am - 2.00 pm
- Where: Kingsland Church Colchester, 86 London Road, Lexden, CO3 9DW

