





**St Benedict's Catholic College  
Newsletter Issue 22 - 1st March 2024**

## Message from the Principal

Dear parents, carers, students and friends

As our Lenten journey continues we are reflecting on how we can 'take on' things, instead of simply seeing Lent as a time to 'give up' things. I've been pleased to see students taking on a range of opportunities during their lessons and free time this week. Our year 7 students have been given the opportunity to get started on Cafod's 'Big Lent Walk' in their RE lessons this week. Getting immersed in their learning is so rewarding for our young people - whether it's year 7 students honing their food preparation skills whilst creating healthy fruit salads, or year 11 students taking advantage of revision sessions prior to their mock examinations starting next week. This is a relatively short term, so every minute counts!

It was an absolute pleasure to attend the Jack Petchey Award Ceremony at Colchester Charter Hall on Tuesday evening. I felt very proud of all our young achievers, including those who won prizes through outside clubs that they are involved in. It was a lovely occasion and I'm very grateful to Mr Hallows for undertaking all the organisation to support this initiative, as well as to the staff who attended to cheer our winners on!

Mrs J E Santinelli

Principal















## Chaplaincy



During Lent, the college will be supporting CAFOD's "Big Lent Walk". During this week, year 7's have used an RE lesson to create their "Big Lent Walk" pledges and then finished the lesson by walking around the college to kick-start their "Big Lent Walk" campaign. Other year groups are encouraged to also walk as much as they can from now until Easter Sunday while encouraging family and friends to donate through the college Go Fund me page using this link [Donate](#) or by scanning the following QR code. Throughout the rest of Lent, there will be updates on how much money has been raised through the college!

On the topic of fundraising, during lunchtime on Thursday, the Multi-Cultural fundraising lunch managed to attract almost 400 students into the Sports Hall and, due to such a high demand of interest, all of the food had gone by the end of lunch! Thank you to all those who donated and helped raise an incredible amount for the SVP and a special thank you to all of those who brought food in from home as without you, none of this would have been possible!



## National Career Week (NCW)

Let's celebrate National Careers Week (NCW) - 4th - 9th March 2024



Week beginning Monday 4th March we will be celebrating National Careers Week.

During NCW, our Careers Portal Unifrog will be running a series of webinars to give students advice on how to develop **transferable soft skills** like critical thinking and adaptability. Students will hear from employers like Deloitte and The Dyson Institute on what recruiters look for when they apply for their next school stage, work experience or apprenticeships. Follow this link to join: [Share the 'soft skills' webinar series](#)

On Tuesday 5th March you will have an amazing opportunity to access the Virtual Careers Fair and take part in many engaging and exciting careers' activities online. Everyone is welcome to participate following this link: <https://ncw2024.co.uk/>

As we will also be celebrating International Women's Day on 8th March along with NCW, we would like to invite you to hear from a range of inspirational young women working in technology: <https://techshecan.org/role-models>

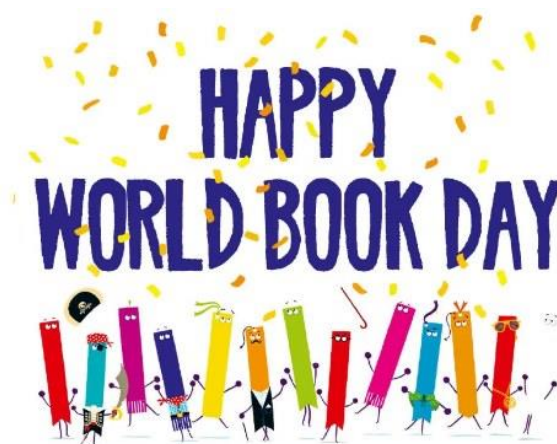
Enjoy and celebrate!

Mrs Martin

Careers Officer



## World Book Day



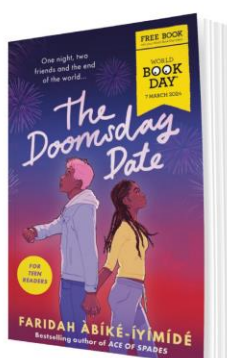
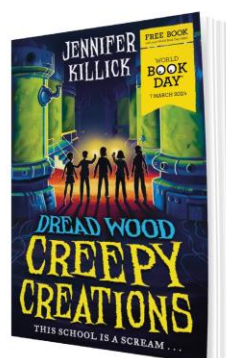
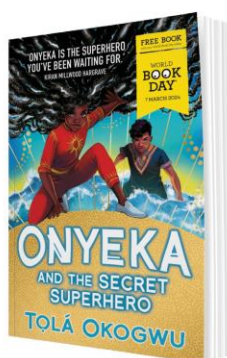
World Book Day will take place on Thursday 7th March. This is a world wide celebration of books and reading organised by World Book Day, a registered charity, with the aim of celebrating books and reading. Your English teacher will give you a £1 book token which can be spent at a large number of bookshops. Mrs Cockcroft has a few spare tickets in the library if you need another one!. You either get £1 off a book costing more than £2.99 or you can exchange your token for 1 of a number of free books written especially for World Book Day. The tokens are valid from now until 31st March 2024.

Only under 18's can use a token and you can only use one token per transaction. You can find lots more information at: [www.worldbookday.com](http://www.worldbookday.com)

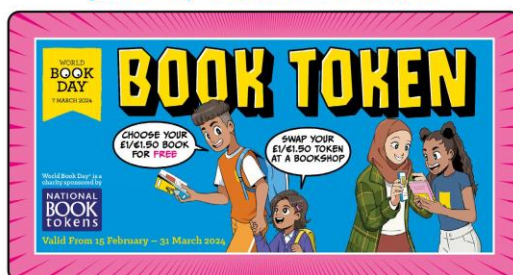
I hope you decide to buy a brilliant book with your token!

Mrs Hunter

Teacher of English and Media Studies



Visit your local bookseller and choose a World Book Day book for **FREE** with your £1/€1.50 book token!



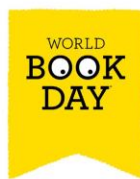
Books available in shops from 15 February until 31 March 2024  
Find out more at [worldbookday.com](http://worldbookday.com)



Changing lives through a love of books and reading

World Book Day® is a charity sponsored by National Book Tokens  
Registered charity number 1079257 (England and Wales) | Registered company number 03783095 (UK)





# NEED A MOOD LIFT?

FIND OUT MORE AT [WORLDBOOKDAY.COM](http://WORLDBOOKDAY.COM)



Changing lives through a love of books and reading

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## Tissues

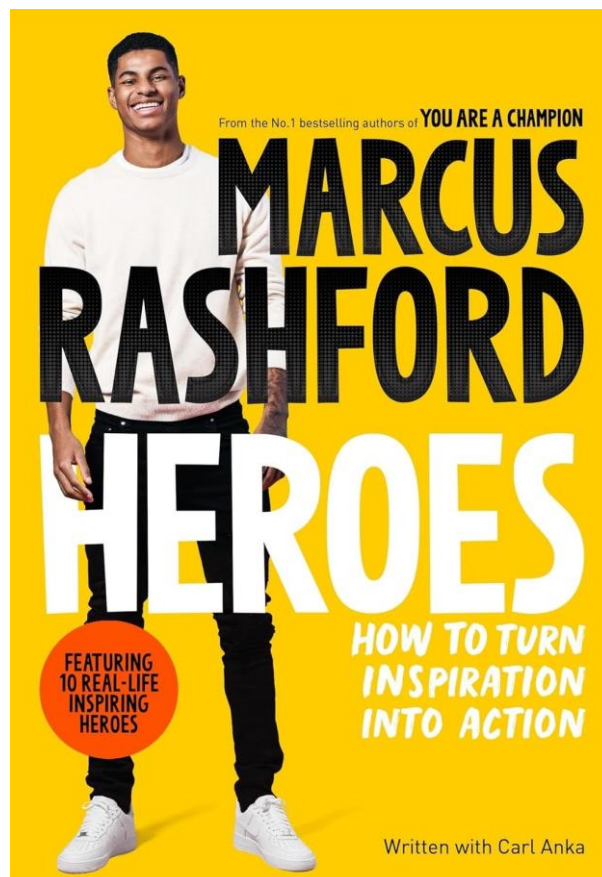
Please can students remember to bring their own tissues to college should they need them.

Thank you for your support.





## Book Of The Week



1 - [Heroes: How To Turn Inspiration Into Action by Marcus Rashford](#)

Marcus Rashford is not only an international footballer, he is also a campaigner who is on a mission to end child food poverty.

Starting on this journey was never something he could have done alone, and in this book, Marcus shines a light on ten brilliant people who have inspired him to make a difference. Now he wants to show you how his heroes could inspire you to be the best version of yourself. The book is packed full with useful advice and tips and continues with our focus on children's mental health.

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,

£2.35

mash & beans

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
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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
<small>Tomato or Sweet potato &amp; butternut (*from November 23)</small>		

**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	





## 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
<small>Tomato or Sweet potato &amp; butternut (*from November 23)</small>		

**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	





# 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

## Communications Sent Out This Week

Year 11 - Passport to Prom update

All Years - Paul Hannaford assembly

## Instagram Highlights

stbensofficial

Follow

Message



1,960 posts

1,806 followers

39 following

St Benedict's Catholic College

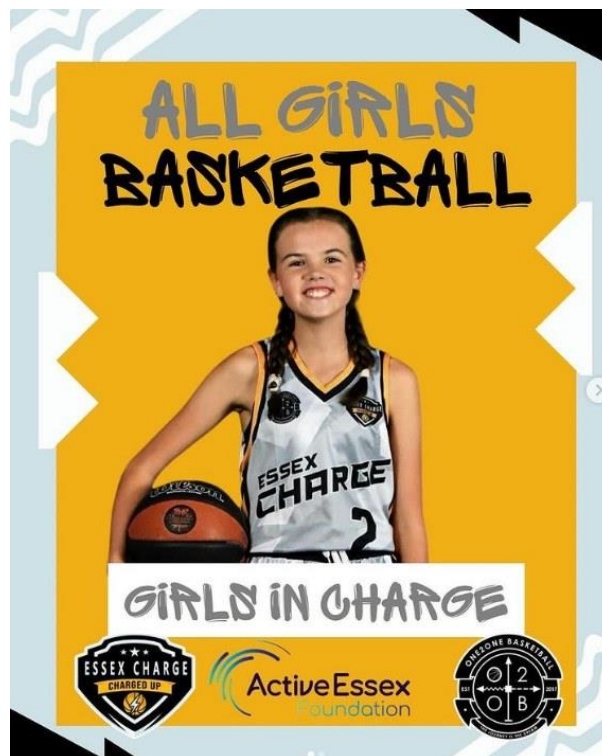
Comprehensive Catholic College in Colchester, Essex.

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









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

## Numeracy Challenge

Welcome back and thanks for your hard work last term.

The winning forms for last term's quiz are as follows: 7N, 8S, 9E, 10N. Your prizes will be brought to you during form time next week.

Well done 9E for coming top after a sharing the spot with 9T last term and to 7N and 10N, congratulations for retaining the top spot. Well done to 8S for dethroning 8N. To the rest of us all, better luck next time.

This week's 3 respect points go to Sophie and Eddy of 8S. Congratulations!

Mr Asamoah

Teacher of maths and Numeracy Coordinator

A display of work done by Sophie and Eddy below in respective order.

**WEEK 11 SESSION 1 - Answer as many questions as you can in 5 mins**

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

Q	Question	Answer
1	$\square \times 8 = 10$	2
2	What is double 4?	8
3	What is half of 70?	35
4	$62 + 80 = \square$	142
5	$156 + \square = 180$	24
6	$17 + 15 = \square$	32
7	$6 + 3 = \square$	9
8	$14 + 11 = 14 + 6 + \square$	5
9	$1 \times 896 = \square$	896
10	$35 + 91 = 30 + 90 + \square$	6
Total out of 10		16

**TIMETABLES - do these in your head**

Q	Question	Answer
1	$10 \times 8 = \square$	80
2	$70 \div 10 = \square$	7
3	$16 \times \square = 4$	4
4	$20 \div 4 = \square$	5
5	$12 \times 6 = \square$	72
6	$7 \times \square = 49$	7
7	$7 \times \square = 63$	9
8	$24 \times \square = 8$	3
9	$30 \div 5 = \square$	6
10	$\square \times 2 = 9$	4.5
Total out of 10		10

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

Q	Question	Answer
1	$271 + 7 = \square$	278
2	$2 \times 9 = 3$	18
3	$17.18 \div 0.2$	85.9
4	$0.04 \times 10$	0.4
5	$70.11 - 23.48$	46.63
6	Simplify 30/60	1/2
7	Difference between 2 and -3	5
8	Value of the dot	10
9	What is the value of 15?	225
10	What is 20% of £100?	20
Total out of 10		10

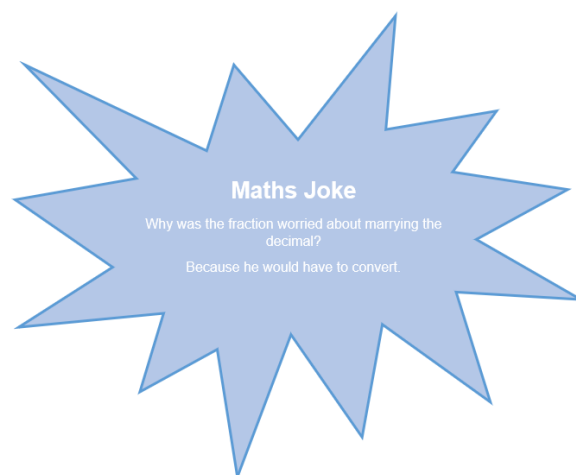
**What's your NINJA Score?**  
Fill in your scores in the boxes and calculate it now!

MENTAL STRATEGIES:  / TIMETABLES:  / KEY SKILLS:

MY NINJA BELT:  NINJA SCORE:

Full Leader board will be shared next week.

Our front runners at the moment are 7B, 8S, 9B and 10T



## Week Commencing 4th March 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.

## SEND Roadshow 2024



Essex County Council  
Special Educational Needs  
and Disabilities

# Essex Local Offer Roadshows

Are you a parent/carer of a young person with special educational needs and disabilities (SEND) and want to know what support is available in your area? Come along to one of our Essex Local Offer Roadshows.

Meet representatives from across education, health and social care as well as local support groups.

**No need to book, just drop in!**

Parent/carer workshops will also be running. More information to follow soon.

Scan the QR code to find out more information



or go to  
[The Essex Local Offer Website](https://www.essex.gov.uk/essex-local-offer)

### Join us...

**Monday 4 March 2024**  
The Holiday Inn, Basildon

**Thursday 7 March 2024**  
Hamptons Sports and Leisure, Chelmsford

**Wednesday 13 March 2024**  
JobServe Community Stadium, Colchester

**Tuesday 19 March 2024**  
The Harlow Hotel, Harlow



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