



St Benedict's Catholic College

Newsletter Issue 24 - 15th March 2024

Message from the Principal

Dear parents, carers, students and friends

We are all too aware that none of us can afford to be complacent about the safety of our young people in today's society. We were therefore delighted to welcome Paul Hannaford to the college this week. He spoke to students about the dangers of addiction, drugs and alcohol as well as involvement in gangs, knife crime and county lines. Paul proved to be a compelling speaker with a powerful and hard-hitting message drawing on examples from his own life. Thank you to Mr Lammens for organising this important learning opportunity for St Benedict's.

Our charitable endeavours continue as we journey through Lent towards Easter. Next week sees the launch of our 'Eggcellent Easter Egg Raffle'. We have a wonderful hamper of goodies and 20 Easter Eggs to be won – all proceeds will go towards supporting the amazing work of Brentwood Catholic Children's Society in their 40th Anniversary year. Counsellors from this fantastic charity have supported hundreds of students at our college over the years and we want to support their work further so that they can continue to help children across Essex and East London cope with bereavement and many other issues. Every break and lunchtime, starting next week, our prefects will be selling tickets at 50p each or 3 tickets for £1, so we encourage students to bring some cash if they wish to participate. The draw will take place on Thursday 28th March, in time for the treats to be shared and enjoyed over the Easter break.

Mrs J E Santinelli

Principal

#solidarity **WIN! WIN! WIN!** #advocacy

20 Easter Eggs to be won!

St Ben's Eggcellent Easter Egg Giveaway!

50p per ticket or 3 for £1

All proceeds go to BCCS
(Brentwood Catholic Children's Society)

Who will win the amazing hamper?

Tickets are available to purchase every break & lunchtime in the canteen
Winners will be drawn on Thursday 28th March

Year 11 Easter Revision Sessions

We are pleased to announce that teachers from our four core subjects will be offering GCSE revision on Thursday 11th and Friday 12th April between 9.30 am and 12.30 pm. All year 11 students have been sent an email inviting them to the sessions where they can sign up via Microsoft forms. Due to classroom sizes and staffing, we can only offer a maximum of 96 places. Places will be designated for each day on a first come, first served basis and after those places are filled, students will be added to a waiting list in the event of students who've initially secured a space dropping out. Attendance isn't mandatory but is highly recommended to support you at this crucial stage of your exam preparation journey.

Mr J Callaghan

Vice Principal

Easter GCSE Core Support 2024 11-12th April – 9.30am-12.30pm

Thursday 11th

Session	Time	Group A	Staff (rm)		Group B	Staff (rm)		Group C	Staff (rm)	
1	9.30-10.25	English	CHU	L1	Maths	KRI/KAS	L2/L4	Science	HCH	L3
2	10.25-11.20	Maths	KRI/KAS	L2/L4	Science	HCH	L3	English	CHU	L1
3	11.35-12.30	Science	HCH	L3	English	CHU	L1	Maths	KRI/KAS	L2/L4

Friday 12th

Session	Time	Group A	Staff (rm)		Group B	Staff (rm)		Group C	Staff (rm)	
1	9.30-10.25	English	PBI	L1	RE	JMY	L2	Science	LMA	L3
2	10.25-11.20	RE	JMY	L2	Science	LMA	L3	English	PBI	L1
3	11.35-12.30	Science	LMA	L3	English	PBI	L1	RE	JMY	L2

Chaplaincy

Friday 15th March 2024 Fourth week of Lent

"Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love" - John 4:7-8

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

Lord God, Your never-ending, overwhelming, reckless love is the most powerful thing in the world. Help me to open my heart so that your love may enter my life and I can share your love with others.

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





During Lent, the college has been supporting CAFOD's "Big Lent Walk". Students have been 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 - Donation amount - JustGiving](#) or by scanning the following QR code. CAFOD is a Catholic charity that supports countries all around the world who have been struggling from natural disasters, inequality, war and famine.

If you would like to find out more about the work that CAFOD do, please click on the following link [CAFOD - Catholic international development charity](#)

The **year 11 leaver's Mass** will take place on Wednesday 24th April 2024 from 6.00 pm to 7.00 pm in the Manning Hall. At this Mass we will be celebrating our time together at St Benedict's while celebrating the partnership between students, teachers and parents/carers that has become the 'class of 2024'. As well as celebrating the past, we will be looking to the future and preparing spiritually for the examination season. If you would like to attend, and you haven't done so already, please complete the online form [here](#)

Mr Fusi

Lay Chaplain

Jack Petchey Speak Out Challenge Assemblies

Having hosted the Jack Petchey Speak Out Challenge in college on Thursday 7th March, with 90 of our year 10 students taking part, this week has seen our nine assembly finalists take part in this important next step. Alessandra, Anne, Ben, Charis, Dwayne, Lawson, James, Stanford and Zander all delivered their speeches in four special assemblies, speaking on a diverse range of topics close to their hearts. They all did brilliantly!

The Jack Petchey Speak Out Challenge continues to be a fantastic opportunity for our students, not only to potentially go on to represent our college at the regional and national finals, but more importantly in building their own personal resilience, confidence and experience. We are so proud of all that they have achieved and the confident and engaging talks they presented.

Choosing a 'winner' for the assembly final was very tough indeed. Congratulations go to Lawson - who will go on to represent the College at the regional final at The Gilberd School on Thursday 18th April.

Mrs Bishop

Head of Communications Faculty

















First Give Project- Art and Poetry Competition



We are 9ES2, and for our First Give project we have chosen to support the charity Beacon House, and raise awareness about the social issue of homelessness.

We are holding a competition for all students in college to raise awareness of the work Beacon House do to support people affected by homelessness in Colchester.

The theme of the competition is "What is home to you?" and you can write a poem or create a piece of art to show your thoughts about this. Please drop any entries to Room 15 (Miss Shepherd's room) or via email to Miss Shepherd. There will be a prize for 1st place. All entries must be submitted by

the deadline of the 28th March. Anyone can participate in the competition. Please make sure your name and form are written on your submission.

Miss Shepherd

Head of RE

Sparx Reader

Sparx Reader Shout Out!

Well done to these students who have earnt the most EXTRA SRP this week!

Frances in Year 10
Joelle in Year 10
Henrietta in Year 8
Liam in Year 8
Saidi in Year 7

#lovereading



Year 9 Opal Coast Trip

Last week, 41 of our year 9 students took part in an amazing trip to the Opal Coast in France. The trip was packed full of incredible sights, activities and experiences which all played a part in encouraging our students to practice their French skills and grow in their knowledge of the language. When asked about their favourite part of the trip, a lot of students enjoyed the visit to the Nausicaa Sealife Centre the most, but there were a variety of other answers ranging from the quieter moments touring the Basilica, old town and Étaples military cemetery, to the more active sessions such as the high ropes and the visit to the Chocolaterie! As hoped, every student was able to get something out of this trip as well as being able to practise their French speaking and listening skills with native speakers!

Mrs Hunt

Head of MFL



Book Of The Week



1 - [Wild Song](#) by Candy Gourlay

The year is 1904 and Luki has lived a tribal life in the mountains of the Philippines. Now she's growing up, she is expected to become a wife and a mother, but she isn't ready to give up her dream of becoming a warrior. When her tribe are offered a journey to America to be part of the St. Louis World's Fair, Luki discovers that the land of opportunity does not share its possibilities equally....A thrilling adventure!

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

Soya/sulphates/wheat/milk

mash & beans

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 & butternut (*from November 23)</small>		

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

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

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

Communication Sent Home This Week

- Year 8 - History trip to the Imperial War Museum
- Year 11 - GCSE attendance, final events and arrangements

Instagram Highlights



stbensofficial

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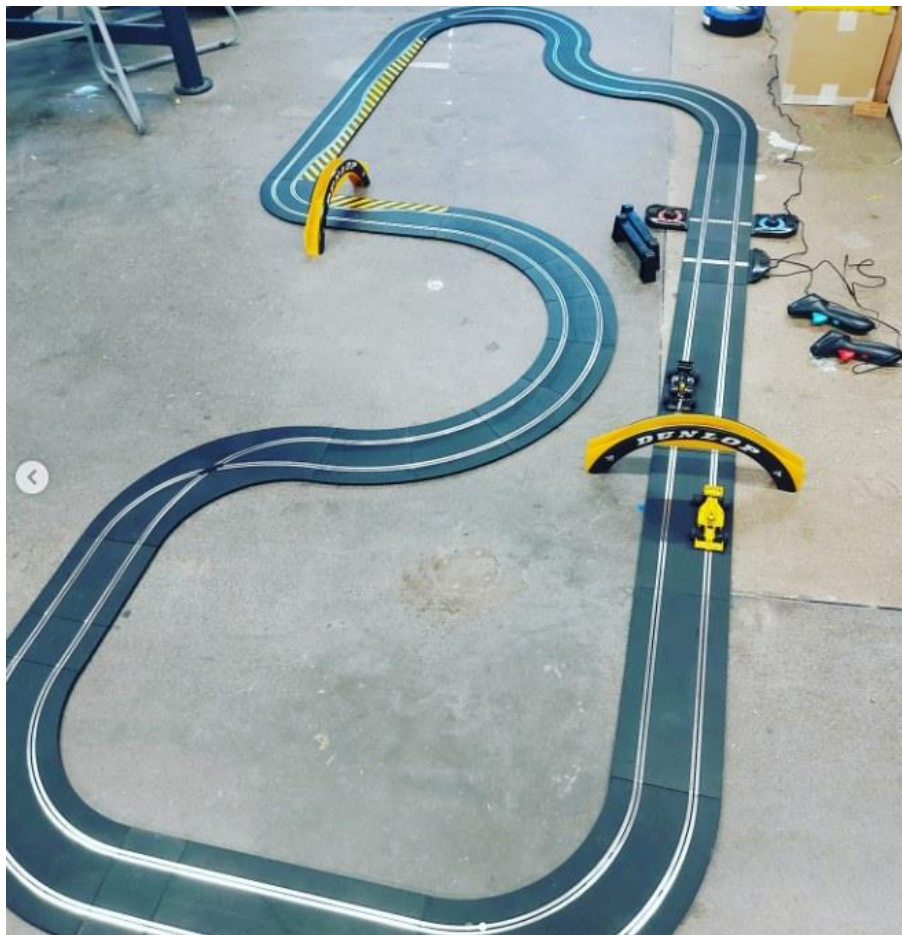
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St Benedict's Catholic College

Comprehensive Catholic College in Colchester, Essex.

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

Numeracy Challenge

Well done and thank you for your hard work this week. Well done to 7B who have the highest score this week.

This week's 3 respect points go to Jeremy and Hayden in 8D. Congratulations!

Mr Asamoah

Teacher of maths and Numeracy Coordinator

WEEK 11 SESSION 3 - Answer as many questions as you can in 5 mins


MENTAL STRATEGIES -
do these in your head

Q	Question	Answer
1	$\square + 9 = 10$	1 ✓
2	What is double 5?	10 ✓
3	What is half of 61?	30.5 ✓
4	$145 + 40 = \square$	185 ✓
5	$55 \div \square = 60$	5 ✓
6	$70 + 71 = \square$	141 ✓
7	$5 - 1 = \square$	4 ✓
8	$81 + 14 = 81 + 9 + \square$	5 ✓
9	$4 + 431 = \square$	435 ✓
10	$96 + 73 = 96 + 70 + \square$	3 ✓
Total out of 10		10 ✓

TIMESTABLES -
do these in your head

Q	Question	Answer
1	$70 \div 10 = \square$	7 ✓
2	$70 \div \square = 7$	10 ✓
3	$4 \times 7 = \square$	28 ✓
4	$4 \times \square = 16$	4 ✓
5	$36 \div \square = 6$	6 ✓
6	$\square \div 7 = 7$	49 ✓
7	$\square \div 7 = 2$	14 ✓
8	$\square \times 9 = 27$	3 ✓
9	$35 \div 5 = \square$	7 ✓
10	$\square \times 7 = 14$	2 ✓
Total out of 10		10 ✓

KEY SKILLS - you may use written calculations for these questions

Q	Question	Answer
1	$198 \div 2 = \square$	99 ✓
2	$2 \times 2 + 10$	14 ✓
3	$13.39 \div 0.2$	66.95 ✓
4	10×68.738	687.38 ✓
5	$94 - 1.35$	92.65 ✓
6	Simplify $12/48$	$1/4$ ✓
7	$6 - 7$	-1 ✓
8	Value of the dot 	65 ✓
9	What is the value of 8 squared?	64 ✓
10	What is 30% of £240?	£72 ✓
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 11 SESSION 3 - Answer as many questions as you can in 5 mins

MENTAL STRATEGIES -
do these in your head

TIMESTABLES -
do these in your head

KEY SKILLS - you may use written calculations for
these questions

Q	Question	Answer	Q	Question	Answer	Q	Question	Answer
1	$\square + 9 = 10$	1 ✓	1	$70 \div 10 = \square$	7 ✓	1	$198 \div 2 = \square$	99 ✓
2	What is double 5?	10 ✓	2	$70 \div \square = 7$	10 ✓	2	$2 \times 2 + 10$	14 ✓
3	What is half of 61?	30.5 ✓	3	$4 \times 7 = \square$	28 ✓	3	$13.39 + 0.2$	66.95 ✓
4	$145 + 40 = \square$	185 ✓	4	$4 \times \square = 16$	4 ✓	4	10×68.738	687.38 ✓
5	$55 + \square = 60$	5 ✓	5	$36 \div \square = 6$	6 ✓	5	$94 - 1.35$	92.65 ✓
6	$70 + 71 = \square$	141 ✓	6	$\square + 7 = 7$	0 ✓	6	Simplify 12/48	1/4 ✓
7	$5 = 1 + \square$	4 ✓	7	$\square + 7 = 2$	-5 ✓	7	$6 - 7$	-1 ✓
8	$81 + 14 = 81 + 9 + \square$	5 ✓	8	$\square \times 9 = 27$	3 ✓	8	Value of the dot 	50 ✓
9	$4 + 431 = \square$	435 ✓	9	$35 + 5 = \square$	40 ✓	9	What is the value of 8 squared?	64 ✓
10	$96 + 73 = 96 + 70 + \square$	3 ✓	10	$\square \times 7 = 14$	2 ✓	10	What is 30% of £240?	72 ✓
Total out of 10		10	Total out of 10		10	Total out of 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

Leaderboard

7S	626	9S	369
7T	190	9T	629
7B	737	9B	431
7E	646	9E	479
7N	648	9N	606
7D	608	9D	724
8S	448	10S	200
8T	422	10T	386
8B	210	10B	307
8E	648	10E	110
8N	487	10N	126
8D	700	10D	200

**DID
YOU
KNOW?**



“Forty” is the only number that is spelt with letters arranged in alphabetical order.

Conversely, “one” is the only number that is spelt with letters arranged in descending order.

Week Commencing Monday 18th March - 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 United Community Foundation



Colchester United Community Foundation are hosting a free taster session for our new **Neurodivergence & Downs Syndrome friendly football sessions** for young people aged 5 years - 17 years at Shrub End Community and Sports Centre (CO2 9BG) on Saturday 23rd March between 12.30 pm - 2.00 pm.

Our disability sessions offer football-based activities in Colchester for under 18s who may have a physical disability or additional needs, including autism and ADHD. Our players may gain opportunities to represent Colchester United against other pan-disability squads in competitions or tournaments.

Downs Syndrome Football Taster session (5yrs-17yrs) LINK TO BOOK - <https://colchester-unitedcf.classforkids.io/camp/467>

Autism and Neurodivergent Football Taster Session (5yrs-17yrs) LINK TO BOOK - <https://colchester-unitedcf.classforkids.io/camp/473>

For more information about the event, please email Francesca.brooke@colchesterunited.net We hope to see you on the 23rd March!