



St Benedict's Catholic College

Newsletter Issue 3 - 22nd September 2023

Message from the Principal

Dear parents, carers, students and friends

At the end of another positive and successful week at St Benedict's we look forward to the week to come. On Wednesday 27th September we are opening our doors to prospective students and families at our annual open evening. It will be a great opportunity to see all our community has to offer.

A little further ahead is our Family Mass on Wednesday 4th October – all families are welcome to celebrate Mass together in the Sports Hall, followed by light refreshments. We are grateful to Father Rick who will be celebrating Mass for us. Do please come along and meet other families and members of staff. If you would like to attend please complete the form:

<https://forms.office.com/e/xudejvec84>

Mrs J E Santinelli

Principal



St Benedict's Catholic College

Open Evening Wednesday 27th September 2023

I look forward to welcoming you to our Open Evening on Wednesday 27th September 2023 from 6.00 pm - 8.30 pm.

During the evening you will have the opportunity to meet students and teachers, visit departments and take part in exciting activities.

I will give a talk during the evening.

You are also very welcome to visit the college during a college day, giving you the opportunity to visit lessons. Tours are available from Monday 2nd October 2023. Please visit our website or telephone college reception on 01206 549222 to book a place.

You can find further information about the college on our website

www.stbenedicts.essex.sch.uk

Jo Santinelli, Principal

Norman Way, Colchester, Essex, CO3 3US
Telephone 01206 549222
email: admin@stbenedicts.essex.sch.uk



Chaplaincy

On Wednesday 4th October, the college will be celebrating a family Mass which is open to all staff, students and their families. As a college, Mass offers us an opportunity to come together as one body in Christ and to give thanks for the many blessings that we have received. If you'd like to be a part of our celebration, please complete the following form: <https://forms.office.com/e/xudejvec84>
Mass will begin promptly at 6.00 pm.

If your child is part of St Teresa's parish in Lexden, and in year 9 or above and wishes to receive the sacrament of Confirmation, please read the following poster and scan the QR code or click [this link](#) to enrol them onto the course.

Mr Fusi

Lay Chaplain

St Teresa of Lisieux Parish, Lexden

Application to enrol in the Program
for Confirmation
on Pentecost Sunday 19th May 2024

Confirmation 2024



Program dates – (Please note all dates are compulsory.)

| | | |
|------------------|-----------------------------------|-------------|
| 02 October 2023 | Parent and candidate meeting | 6:30-8:00 |
| 16 October 2023 | Session 1 | 6:30-8:00 |
| 06 November 2023 | Session 2 | 6:30-8:00 |
| 27 November 2023 | Session 3 | 6:30-8:00 |
| 02 December 2023 | Retreat at Walsingham House | all day |
| 11 December 2023 | Session 4 | 6:30-8:00 |
| 08 January 2024 | Session 5 | 6:30-8:00 |
| 29 January 2024 | Review | 6:30-8:00 |
| 12 February 2024 | Session 6 | 6:30-8:00 |
| 04 March 2024 | Session 7 | 6:30-8:00 |
| 25 March 2024 | Session 8 | 6:30-8:00 |
| 15 April 2024 | Session 9 | 6:30-8:00 |
| 29 April 2024 | Session 10 | 6:30-8:00 |
| 13 May 2024 | Rehearsal | 6:30-8:00 |
| 19 May 2024 | Pentecost Sunday Confirmation Day | 9:00am Mass |

Friday 22nd September 2023

Twenty-fourth week of Ordinary Time



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

Dear God, thank you for the gift of unspeakable joy. Please help me to find it when times are difficult, and help me to spread your joy to others throughout your kingdom. We ask this through Jesus Christ our Lord. Amen

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

Extreme reading

We loved receiving your extreme reading pictures over the summer! A big well done to Zoe our competition winner and most extreme reader!

Mrs Hunter

Teacher of English and Literacy co-ordinator

Well Done Zoe!



**#ExtremeReading
on a rollercoaster!**

Parent Governor Election

In our newsletter on 8th September 2023 nominations from parents were invited for the vacancy for a parent governor.

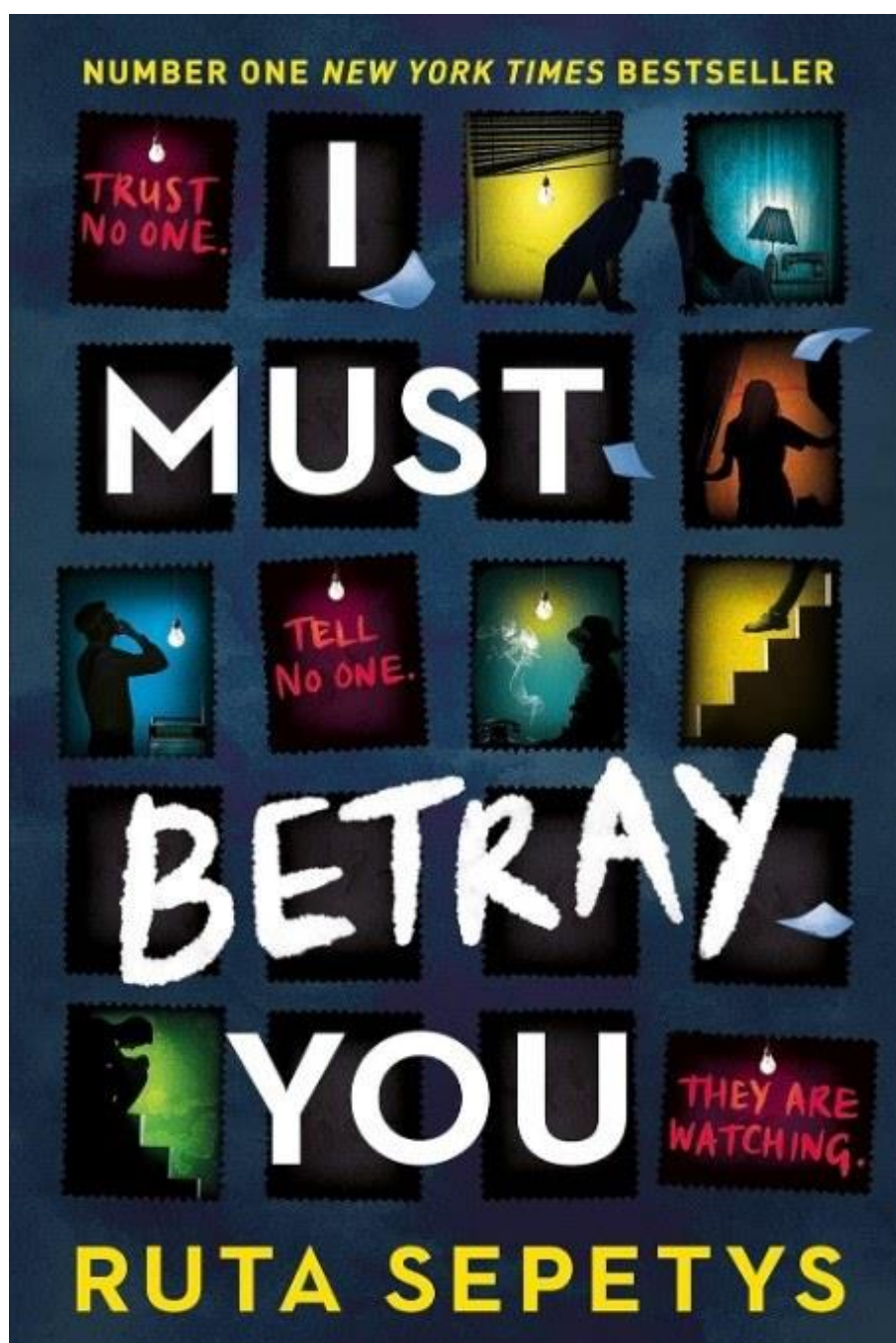
There has been a good response and there are three candidates for the one vacancy.

Eligible voters will receive an email from our partner Choice Voting (or a paper ballot form if we do not hold an email address for them), where you will see the names of each candidate and their elections statement.

Voting opens on Monday 25th September at 00:00 and will close at 12.00 pm on Monday 2nd October 2023.

You will be notified of the results once the election has been completed.

Book of the week



1 - [*I Must Betray You by Ruta Sepetys*](#)

I Must Betray You by Ruta Sepetys

Shortlisted for this year's Carnegie Award, a powerful, heart-breaking thriller based on real events which took place in Romania in 1989.

Cristian has lived his entire life in the grip of a repressive dictatorship. The country is governed by fear. When the secret police blackmail him, Cristian has an impossible choice. Should he save the life of his sick grandfather by informing on his family, or risk his life, and all of theirs, by resisting?

At 17, Cristian dreams of being free but doesn't know where to turn. In this climate of constant suspicion, can he trust his best friend, his girlfriend or even his family?

This 13+ book is available to borrow from our college library

Mrs Sullivan

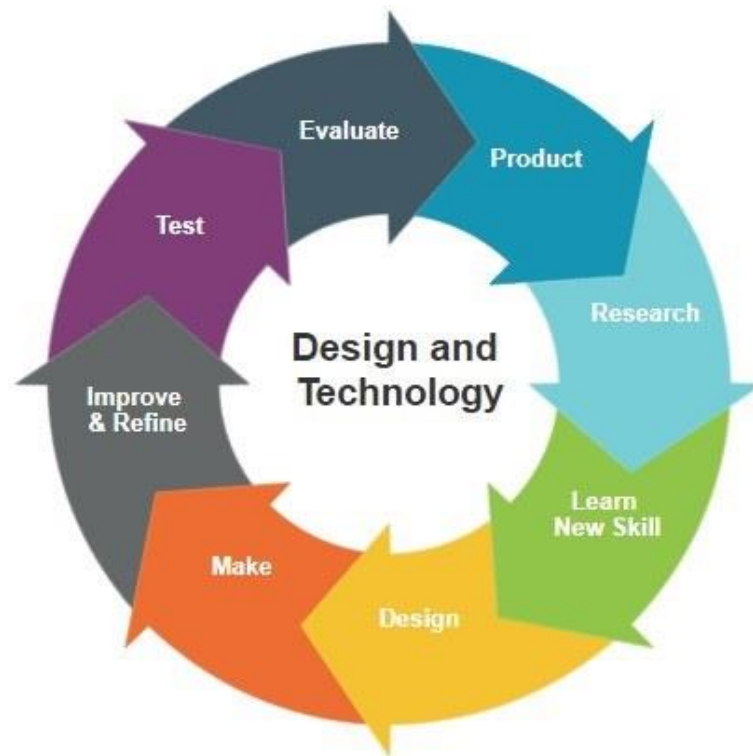
Reader Leader

Year 11 Design & Technology support

Year 11 design and technology students, please come along to after college support with your NEA in room 23 every Tuesday from 3.30 pm - 4.30 pm.

Mrs Stewart-Thomas

Head of Art, Design and Technology



What parents/carers need to know about the Wizz app

Over the weekend, we put a warning on our social media about the app Wizz.

Wizz is an app that encourages young people to join by purporting to be a safe space for them to make friends who have shared interests. It is similar to a dating app, in that profiles and information are shared.

Concerns have been raised however, for a number of reasons. Firstly, there are no parental controls on the app, meaning that you cannot monitor what your child is doing whilst they are using it. Secondly, in setting up the app, children have to include a profile picture and the default setting on the app is to also share location. Finally, and most worryingly, the app has been used by predators to

We recommend that you delete this app from your child's phone if they have it. There are a number of useful articles online to help you navigate this, that will also give you information about the concerns that have been raised about this app.

Assistant Principal - Safeguarding



Music clubs

A poster for the choir club. It features a background image of a microphone and piano keys. In the top left corner is the St Benedict's Catholic College logo. A semi-transparent white box in the center contains the text.

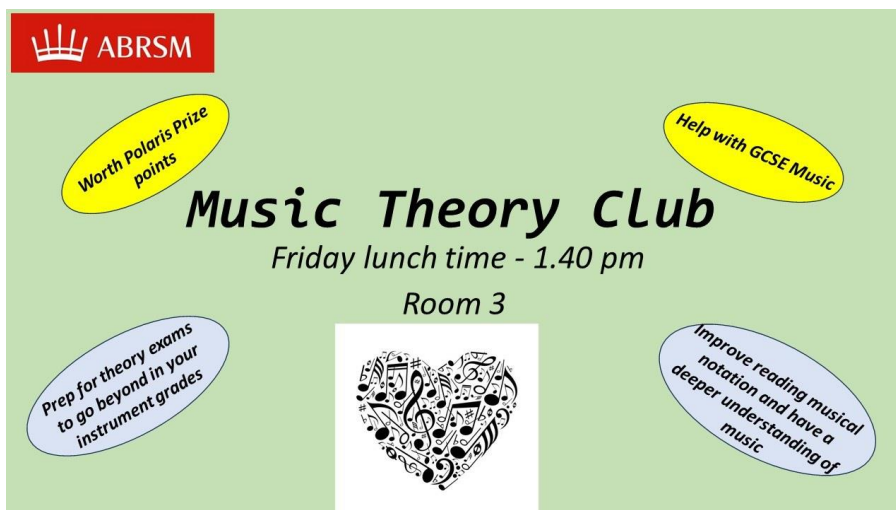
CHOIR

—◇—
All year groups welcome

Rehearsal every Thursday lunch time in room 3 (Music)

Opportunity to sing in a group, learn new songs and participate in performances.

Any questions about the club ask your music teacher

A poster for the Music Theory Club. It has a green background. At the top left is the ABRSM logo. The title 'Music Theory Club' is in the center. Below it is the time and room. Four yellow and blue callouts provide additional information. A heart-shaped musical notation graphic is in the center.

ABRSM

Worth Polaris Prize points

Music Theory Club

Friday lunch time - 1.40 pm

Room 3

Help with GCSE Music

Prep for theory exams to go beyond in your instrument grades

Improve reading musical notation and have a deeper understanding of music

Polaris Prize

A poster for the Polaris Prize. It has a black background with torn edges. On the left and right are illustrations of a figure standing on a stack of books, reaching for a star. In the center is a circular logo with a star and the text 'POLARIS PRIZE St. Benedict's Catholic College'. Below the logo is the description of the program and meeting details.

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

Parent Guides to Online Safety



A Parent's Guide to Social Media



A Parent's Guide to Sharing Pictures



A Parent's Guide to Gaming



A Parent's Guide to Online Grooming



A Parent's Guide to Live Streaming



A Parent's Guide to Online Influencers



A Parent's Guide to Fake News



A Parent's Guide to Privacy Settings



Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skips.com Tel: +44 121 227 1941

Developed in partnership with



Extracurricular clubs and activities - Autumn term 2023

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------------|------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|
| Lunch All Years 1.40 pm - 2.25 pm | Geography & Environment Club All Years Room 38 Mrs Welsh | Rock School All Years Room 3 Mr Radley | Polaris Award All years Music room Mrs Orme | French Club Year 7 & 8 Room L1 Mrs Hunt | Music Theory All years Music room Mrs Orme |
| | | Alpha All Years Chapel Mr Fusi | | Choir All Years Music room Mrs Orme | |
| | Bible Study All Years Chapel Mr Fusi | Language Leaders Year 10 Room L2 Mrs Hunt | Brain Break All Years Chapel Mr Fusi | Social Justice Club All Years Chapel Mr Fusi | Ukelele Club Years 8 - 11 Drama studio 1.40 pm – 2 pm |
| | Newbies Computing Years 7 & 8 Room 33 Mr Johnson | Experts Computing GCSE Computer Science students Room 33 Mr Johnson | Flamenco Cajon Drumming All Years Drama room 1.40– 2 pm Ms Lesto | Textiles Please see Mrs Holloway in room 27 for specific year groups, dates and topics | Warhammer Club All Years Room 33 Mr Johnson |
| | Jazz Club Grade 3 or above Room 3 Mr Asamoah | Drama Club All Years Room 10 Mrs Davies | | | |
| | Games Club All Years Room S1 Ms Rajgobal | Games Club All Years Room S1 Ms Rajgobal | Games Club All Years Room S1 Ms Rajgobal | Games Club All Years Room S1 Ms Rajgobal | Games Club All Years Room S1 Ms Rajgobal |
| | | Mindful Colouring Year 7 Room 17 Mrs Ment | | | |

LUNCH TIME SPORTS CLUBS: Autumn term 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|--------------------------------|-----------------------------------|------------------------------------|----------------------------------|
| Year 10 Football JRI | All years Table Tennis ICL | All Years Multigym ICL | Year 11 Football JRI | Year 7 Football JRI |
| All years Badminton ICL | Year 8 & 9 Boys Basketball JRI | Years 10 & 11 Boys Basketball JRI | Year 8 Football ICL | Year 9 Football ICL |
| Year 11 Netball LWI & KMU | Years 9 & 10 Netball LWI | Year 7 & 8 Netball LWI & KMU | Years 10 & 11 Girls Basketball KMU | Years 8 & 9 Girls Basketball LWI |
| | | | Years 9, 10 & 11 Trampolining LWI | |

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------|
| After College 3:30 pm - 4:30 pm | Dungeons & Dragons Club All Years 3.30 - 5.00 pm Room 34 Mrs Knight | Art club Years 11 Room 29 Mrs Stewart-Thomas | Favourite Fiction Club Years 7 & 8 Library Mr Hallows | Art Club Year 9 & 10 Room 29 Mrs Stewart-Thomas | Warhammer Club All years 3.30 – 5.00 pm Room 33 Mr P Johnson |
| | | Textile GCSE coursework Years 10 & 11 Room 27 Mrs Holloway (26 th September, 3 rd & 17 th October only) | Art Club Year 7 & 8 Room 29 Mrs Stewart-Thomas | | GCSE Music Year 10 & 11 Music room Mrs Orme |
| | | STE(A)M Science, technology, engineering, art and mathematics Years 7 - 10 Room 25 Mrs Adenekan and Ms Chase | Musical rehearsal All Years Music & Drama Mrs Orme & Mrs Davies | | |
| | | Further Maths GCSE Further Maths students Room 11 Mr Eves | D of E Year 10 Room 4 3.45 - 5.00 pm Mr Thomson (Starting after half term) | | |

Lost and Found

If your child/ren have lost any items while at college, it may have been handed in to the college reception.

Check out our website or [click here](#) to have a look at what currently is in our lost and found. Alternatively, it is also displayed on the screens around the college for students.

Communications sent home

14th September - [Early closure](#) - All years

15th September - [Ofsted inspection report](#) - All years

19th September - School photos - Years 7 - 10

19th September - French revision guides - Year 10 and 11

21st September - [Family mass](#) - All years

21st September - [St Teresa's Roman Catholic Church trip](#) - Year 7

21st September - [Online safety](#) - All years

22nd September - Mersea trip 2024 - Year 7

22nd September - PSHE 2023-24 - Year 7, 8, 9, 10 and 11

22nd September - RSE - Years 7 - 11


Catering Menu - Week B

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 2



| | | |
|-------------------------------------|-------|------------------------|
| <u>Main Meal</u> | | |
| Chilli con carnie, rice & tortillas | £2.35 | Wheat/gluten/milk/soya |
| Jacket potato & beans | £1.25 | |
| add cheese | £1.05 | Milk |
| <u>Veggie Option</u> | | |
| Quorn chicken & savoury rice | £2.35 | Egg |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| <u>Grab and Go</u> <table border="0" style="width: 100%;"> <tr> <td style="padding: 5px;">Chicken goujon wrap</td> <td style="text-align: right; padding: 5px;">£1.75</td> <td style="padding: 5px;">Gluten</td> </tr> <tr> <td style="padding: 5px;">Brie & bacon panini</td> <td style="text-align: right; padding: 5px;">£1.65</td> <td style="padding: 5px;">Wheat/gluten/milk</td> </tr> <tr> <td style="padding: 5px;">Cheese & tomato pizza</td> <td style="text-align: right; padding: 5px;">£1.25</td> <td style="padding: 5px;">Wheat/gluten/milk</td> </tr> <tr> <td style="padding: 5px;">Spicy potato wedges</td> <td style="text-align: right; padding: 5px;">£0.75</td> <td></td> </tr> <tr> <td style="padding: 5px;">Cous cous & veg tuk tuk</td> <td style="text-align: right; padding: 5px;">£1.05</td> <td style="padding: 5px;">Gluten</td> </tr> <tr> <td style="padding: 5px;">Cold pesto, spinach & tomato pasta pot</td> <td style="text-align: right; padding: 5px;">£1.05</td> <td style="padding: 5px;">Wheat/gluten</td> </tr> <tr> <td style="padding: 5px;">Selection of sub rolls</td> <td style="text-align: right; padding: 5px;">£1.65</td> <td style="padding: 5px;">Allergens detailed on product</td> </tr> <tr> <td style="padding: 5px;">Various small filled roll</td> <td style="text-align: right; padding: 5px;">£0.75</td> <td style="padding: 5px;">Allergens detailed on product</td> </tr> <tr> <td style="padding: 5px;">Soup and bread roll*</td> <td style="text-align: right; padding: 5px;">£1.50</td> <td style="padding: 5px;">Wheat/gluten</td> </tr> </table> <p style="font-size: small; margin-top: 5px;">*from November 23</p> | Chicken goujon wrap | £1.75 | Gluten | Brie & bacon panini | £1.65 | Wheat/gluten/milk | Cheese & tomato pizza | £1.25 | Wheat/gluten/milk | Spicy potato wedges | £0.75 | | Cous cous & veg tuk tuk | £1.05 | 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 | <u>Salad bar</u> <table border="0" style="width: 100%;"> <tr> <td style="padding: 5px;">Salad box</td> <td style="text-align: right; padding: 5px;">£1.05</td> </tr> <tr> <td style="padding: 5px;">Tuna</td> <td style="text-align: right; padding: 5px;">£1.05</td> </tr> <tr> <td style="padding: 5px;">Eggs (x2)</td> <td style="text-align: right; padding: 5px;">£1.05</td> </tr> <tr> <td style="padding: 5px;">Ham</td> <td style="text-align: right; padding: 5px;">£1.05</td> </tr> <tr> <td style="padding: 5px;">Cheese pot</td> <td style="text-align: right; padding: 5px;">£1.05</td> </tr> </table> <u>Drinks</u> <table border="0" style="width: 100%;"> <tr> <td style="padding: 5px;">Water</td> <td style="text-align: right; padding: 5px;">£0.50</td> </tr> <tr> <td style="padding: 5px;">Milk carton Various flavours</td> <td style="text-align: right; padding: 5px;">£0.65</td> </tr> <tr> <td style="padding: 5px;">Radnor fizz</td> <td style="text-align: right; padding: 5px;">£0.70</td> </tr> <tr> <td style="padding: 5px;">Radnor splash</td> <td style="text-align: right; padding: 5px;">£0.50</td> </tr> </table> | Salad box | £1.05 | Tuna | £1.05 | Eggs (x2) | £1.05 | Ham | £1.05 | Cheese pot | £1.05 | Water | £0.50 | Milk carton Various flavours | £0.65 | Radnor fizz | £0.70 | Radnor splash | £0.50 | <u>Snacks</u> <table border="0" style="width: 100%;"> <tr> <td style="padding: 5px;">Granola pot</td> <td style="text-align: right; padding: 5px;">£1.05</td> <td style="padding: 5px;">Wheat/gluten/milk</td> </tr> <tr> <td style="padding: 5px;">Yoghurt</td> <td style="text-align: right; padding: 5px;">£1.00</td> <td style="padding: 5px;">Milk</td> </tr> <tr> <td style="padding: 5px;">Fruit pot</td> <td style="text-align: right; padding: 5px;">£1.50</td> <td></td> </tr> <tr> <td style="padding: 5px;">Yum Yum</td> <td style="text-align: right; padding: 5px;">£0.85</td> <td style="padding: 5px;">Wheat/milk</td> </tr> <tr> <td style="padding: 5px;">Doughnut</td> <td style="text-align: right; padding: 5px;">£0.70</td> <td style="padding: 5px;">Wheat</td> </tr> <tr> <td style="padding: 5px;">Popcorn</td> <td style="text-align: right; padding: 5px;">£1.00</td> <td></td> </tr> <tr> <td style="padding: 5px;">Proper Chips</td> <td style="text-align: right; padding: 5px;">£1.00</td> <td></td> </tr> </table> | 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 | |
| Chicken goujon wrap | £1.75 | Gluten | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brie & bacon panini | £1.65 | Wheat/gluten/milk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cheese & tomato pizza | £1.25 | Wheat/gluten/milk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Spicy potato wedges | £0.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cous cous & veg tuk tuk | £1.05 | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salad box | £1.05 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tuna | £1.05 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eggs (x2) | £1.05 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ham | £1.05 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cheese pot | £1.05 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Water | £0.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk carton Various flavours | £0.65 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Radnor fizz | £0.70 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Radnor splash | £0.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 2



Main Meal

| | | |
|-----------------------------|-------|------------------------|
| Thai chicken & savoury rice | £2.35 | Wheat/gluten/milk/soya |
| Jacket potato & beans | £1.25 | |
| add cheese | £1.05 | Milk |

Veggie Option

| | | |
|---------------------------------------|-------|-----|
| Spicy 5-bean chilli, rice & tortillas | £2.35 | Egg |
|---------------------------------------|-------|-----|

Grab and Go

| | | |
|----------------------------------------------------------|-------|-------------------------------|
| Burger/Cheeseburger | £1.75 | Gluten |
| Caribbean beef panini | £1.65 | Wheat/gluten/milk |
| Pepperoni pizza | £1.25 | Wheat/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 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 | |



Wednesday Week 2



Main Meal

| | | |
|-------------------------------|-------|-------------------------------|
| Mini toads, mash, veg & gravy | £2.35 | Gluten/milk |
| Jacket potato & beans | £1.25 | |
| add cheese | £1.05 | Allergens detailed on product |

Veggie Option

| | | |
|------------------------------------------|-------|-------------|
| Vegetarian mini toads, mash, veg & gravy | £2.35 | Gluten/milk |
|------------------------------------------|-------|-------------|

Grab and Go

| | | |
|----------------------------------------------------------|-------|-------------------------------|
| Chicken goujon wraps | £1.75 | Wheat/gluten |
| Pulled pork panini | £1.65 | Wheat/gluten/milk |
| Pepperoni pizza | £1.25 | Wheat/gluten/milk |
| Potato pots | £0.75 | |
| Steak Slice | £1.55 | 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 2



Main Meal

| | | |
|---------------------------------|-------|------------------------|
| Beef chow mein & prawn crackers | £2.35 | Wheat/gluten/milk/soya |
| Jacket potato & beans | £1.25 | |
| add cheese | £1.05 | Milk |

Veggie Option

| | | |
|--------------------------------|-------|--------|
| Vegetable noodles and crackers | £2.35 | Gluten |
|--------------------------------|-------|--------|

Grab and Go

| | | |
|--------------------------------------------------------|-------|-------------------------------|
| Spicy chicken fajita | £1.60 | Wheat/gluten |
| Bacon & egg panini | £1.65 | Wheat/gluten/milk |
| Pepperoni pizza | £1.25 | Wheat/gluten/milk |
| Paprika spicy 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 |
| 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 Various flavours | £0.65 | Milk |
| 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 2



Main Meal

| | | |
|---------------------------------|-------|-------------------|
| Scampi popcorn, chips and beans | £2.35 | Wheat/gluten/fish |
| Jacket potato & beans | £1.25 | |
| add cheese | £1.05 | Milk |

Veggie Option

| | | |
|----------------------------|-------|--------|
| Vegetable burger and chips | £2.35 | Gluten |
|----------------------------|-------|--------|

Grab and Go

| | | |
|--------------------------------------------------------|-------|-------------------------------|
| Mac cheese tuk tuk | £1.05 | Wheat/gluten/milk |
| Mozzarella & tomato panini | £1.65 | Wheat/gluten/milk |
| Cheese & tomato pizza | £1.25 | Wheat/gluten/milk |
| Cheese & ham toastie | £1.05 | Wheat/gluten/milk |
| Cheese bites & salad | £1.65 | Milk |
| Nachos & salsa | £0.65 | |
| Nachos & guacamole | £1.00 | |
| Chips | £1.00 | |
| Selection of sub rolls | £1.65 | Allergens detailed on product |
| Small filled roll | £0.75 | Allergens detailed on product |
| Soup and bread roll* | £1.50 | Wheat/gluten |
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| 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

Well done for your hard work this week. This week's 3 respect points go to the following: Masha and Jamie of 8E. Congratulations.

The Numeracy Grandmasters Challenge continues. All you need to do is be a black belt for most of this year's challenges. Good luck!

Leader board as of Thursday 21st September 2023 has 7D, 8S, 9D and 10S in the lead.

Mr Asamoah

Teacher of maths and numeracy co-ordinator

A display of work done by Masha and Jamie below in respective order.

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

MENTAL STRATEGIES - do these in your head

| Q | Question | Answer |
|-----------------|--------------------------------------------|--------|
| 1 | $2 + 3$ | 5 ✓ |
| 2 | $89 + 11$ | 100 ✓ |
| 3 | What is half of 6? | 3 ✓ |
| 4 | $125 - 10$ | 115 ✓ |
| 5 | $177 + 23$ | 200 ✓ |
| 6 | $53 + 23 + 24$ | 100 ✓ |
| 7 | $805 - 804$ | 1 ✓ |
| 8 | $4 + 1 = 4$, so $4 + 4 = 8$ | 8 ✓ |
| 9 | Write 20:12 in 12 hour clock format | 8:12 ✓ |
| 10 | 9:37 pm is how many minutes after 9:08 pm? | 29 ✓ |
| Total out of 10 | | 10 |

TIMESTABLES - do these in your head

| Q | Question | Answer |
|-----------------|----------------------|--------|
| 1 | $2 \times 9 = 18$ | 18 ✓ |
| 2 | $34 \div 2 = 17$ | 17 ✓ |
| 3 | $10 \times 10 = 100$ | 100 ✓ |
| 4 | $6 \div 3 = 2$ | 2 ✓ |
| 5 | $1 \times 2 = 2$ | 2 ✓ |
| 6 | $28 \times 7 = 196$ | 196 ✓ |
| 7 | $10 \times 6 = 54$ | 6 ✓ |
| 8 | $10 \div 2 = 5$ | 5 ✓ |
| 9 | $3 \times 9 = 27$ | 27 ✓ |
| 10 | $4 \times 4 = 16$ | 16 ✓ |
| Total out of 10 | | 10 |

KEY SKILLS - you may use written calculations for these questions

| Q | Question | Answer |
|-----------------|----------------------------------------------------------------------|------------------|
| 1 | 61×31 | 1891 ✓ |
| 2 | $657 - 382$ | 275 ✓ |
| 3 | 7.2×94.2 | 678.24 ✓ |
| 4 | 0.7 as a fraction | $\frac{7}{10}$ ✓ |
| 5 | $46.15 \div 5.08$ | 9.08 ✓ |
| 6 | $(-40) \div (-4)$ | 10 ✓ |
| 7 | If $a = 4$, $b = 3$ and $c = 1$, what is the value of $3a - b^2$? | 3 ✓ |
| 8 | $3 \div (-5)$ | $-\frac{3}{5}$ ✓ |
| 9 | What is the highest common factor of 12 and 4? | 4 ✓ |
| 10 | What is the value of 13 squared? | 169 ✓ |
| Total out of 10 | | 10 |

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

MENTAL STRATEGIES - do these in your head

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| 9 | What is the highest common factor of 12 and 4? | 4 ✓ |
| 10 | What is the value of 13 squared? | 169 ✓ |
| Total out of 10 | | 10 |

What's your **NUMPY** Score?

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

10

10

10

+

MY **NUMPY** BELT: Black

NUMPY SCORE: 30

What's your **NUMPY** Score?

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

10

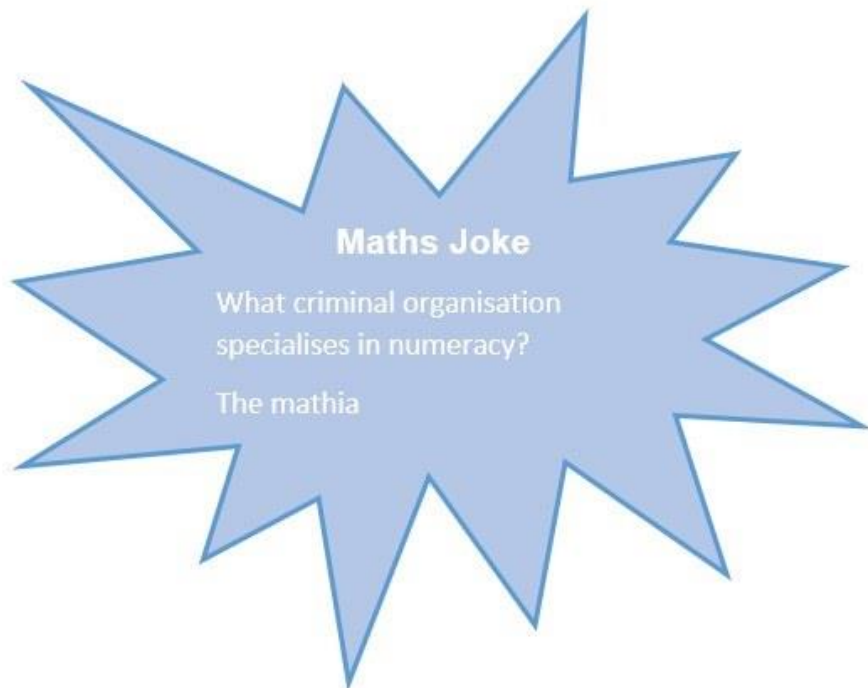
10

10

+

MY **NUMPY** BELT: Black

NUMPY SCORE: 30



Week Commencing 25th September 2023 - Week B

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.

Essex Active



The poster is for 'Essex Active Half Term' and features a dark purple background. At the top left are the logos for Essex County Council and Basildon Council. At the top center is the 'Essex ACTIVE Half Term' logo, which includes a stylized orange pumpkin character. At the top right is the 'Active Essex' logo. On the right side is a cartoon illustration of a girl in a green and white skeleton costume holding a large orange pumpkin. In the center, a large purple banner contains the text 'BOOK ONTO A FREE HALF TERM CLUB WITH ESSEX ACTIVATE!'. Below this banner, the text reads: 'Eligible children and young people are invited to book onto FREE, fun-filled activity clubs who are run by a network of locally, trusted organisations across Essex, brought to you by Active Essex on behalf of Essex County Council!'. The poster then lists five questions with dashed lines underneath: 'IS MY CHILD ELIGIBLE?', 'WHERE WILL THE CLUBS BE RUN?', 'WHAT DO THE CLUBS PROVIDE?', 'HOW DO I BOOK ONTO A CLUB?', and 'Find out more about October half term clubs and book on here.' with a hand cursor icon.

Essex County Council
Basildon Council
BASILDON • BILLCAT • WICKFORD

Essex
ACTIVE
Half Term

Active Essex

**BOOK ONTO A FREE HALF TERM CLUB
WITH ESSEX ACTIVATE!**

Eligible children and young people are invited to book onto **FREE**, fun-filled activity clubs who are run by a network of locally, trusted organisations across Essex, brought to you by Active Essex on behalf of Essex County Council!

IS MY CHILD ELIGIBLE?

Essex ActiveAte offer club spaces to primary and secondary school aged children (4-16 years), who are eligible for benefit based free school meals, or from 'low-income' working families, as well as children who may be vulnerable to inactivity or social isolation.

WHERE WILL THE CLUBS BE RUN?

Clubs will run in Braintree, Basildon, Brentwood, Castle Point, Chelmsford, Colchester, Epping, Harlow, Maldon, Rochford, Tendring and Uttlesford! Due to half term programmes being solely funded by Essex County Council, unfortunately there will not be any clubs running in Thurrock.

WHAT DO THE CLUBS PROVIDE?

Clubs provide a range of different physical, enrichment and food activities to support children's physical and mental wellbeing, as well as a delicious, nutritious meal!

HOW DO I BOOK ONTO A CLUB?

To book your child/ren onto one of our half term clubs, you will not receive a Holiday Activities voucher from your school, and you will need to book on through the Essex ActiveAte website. Simply select your area, find what clubs are available and book your child on through the link provided. Depending on the club, you may need to book through our website, or contact them directly.

Find out more about October half term clubs and book on here.

Once bookings go live, you will need to book your child/ren onto a club through the [Essex Activate website](#)

Simply select your area and find what clubs are available, then book your child/ren onto a club. Click [here](#) for more information on the differences in the programme per holiday.

You will not receive a WONDE e-voucher from St Benedict's to book your child onto a half term club.