



St Benedict's Catholic College Newsletter Issue 5 - 6th October 2023

Message from the Principal

Dear parents, carers, students and friends

This week we have enjoyed welcoming parents and carers for guided tours of the college during our working day. Visitors have been extremely impressed by the calm, studious atmosphere as well as the wide range of learning activities taking place during lessons.

Tuesday 10th October is World Mental Health Day and at St Benedict's we will be supporting the work of the charity Young Minds with a 'Hello Yellow' day. On Tuesday, students can donate £1 and wear an item of yellow clothing or an accessory with their college uniform. They could choose yellow socks, a yellow tie, a yellow ribbon or hairband, for example. There will be a range of games and activities over the course of the day, as well as a prize for the 'Yellowest Form'!

Mrs J E Santinelli

Principal

Chaplaincy

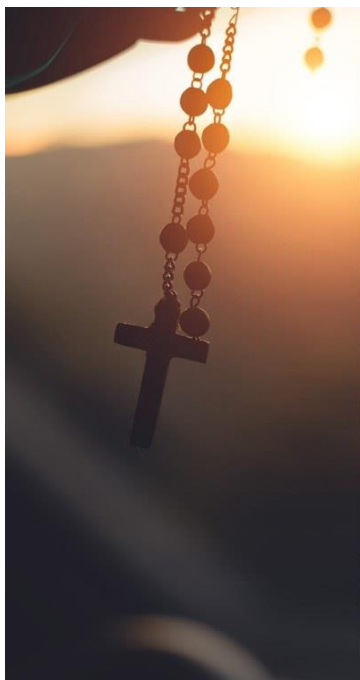
Thank you to all who came along to celebrate the Family Mass with us on Wednesday and a special thank you to our celebrant Fr Rick for leading us in a lovely service.

The year 7 form retreats commenced this week. All students were extremely well behaved and the feedback was incredibly positive with one student asking if they could do it every week! A reminder for any year 7 forms who have not had their retreat yet - you must wear full college uniform, bring a packed lunch (if you are entitled to free school meals one will be provided for you) and go to registration in the morning as normal.

October is the month of the Rosary: an ancient prayer of the Church, recommended by countless saints which has been prayed in different communities around the world for centuries. If you're unsure of how to pray the rosary, you can follow the step-by-step guide below. If you've never tried it before, this is the month to give it a go!

Mr Fusi

Lay Chaplain



Friday 6th October 2023

Twenty-sixth week of Ordinary Time

Tomorrow is the feast of Our Lady of the Rosary. As you pray the Hail Mary this morning, dedicate it to someone in your life who needs some extra help and keep them in your thoughts as you say the words.



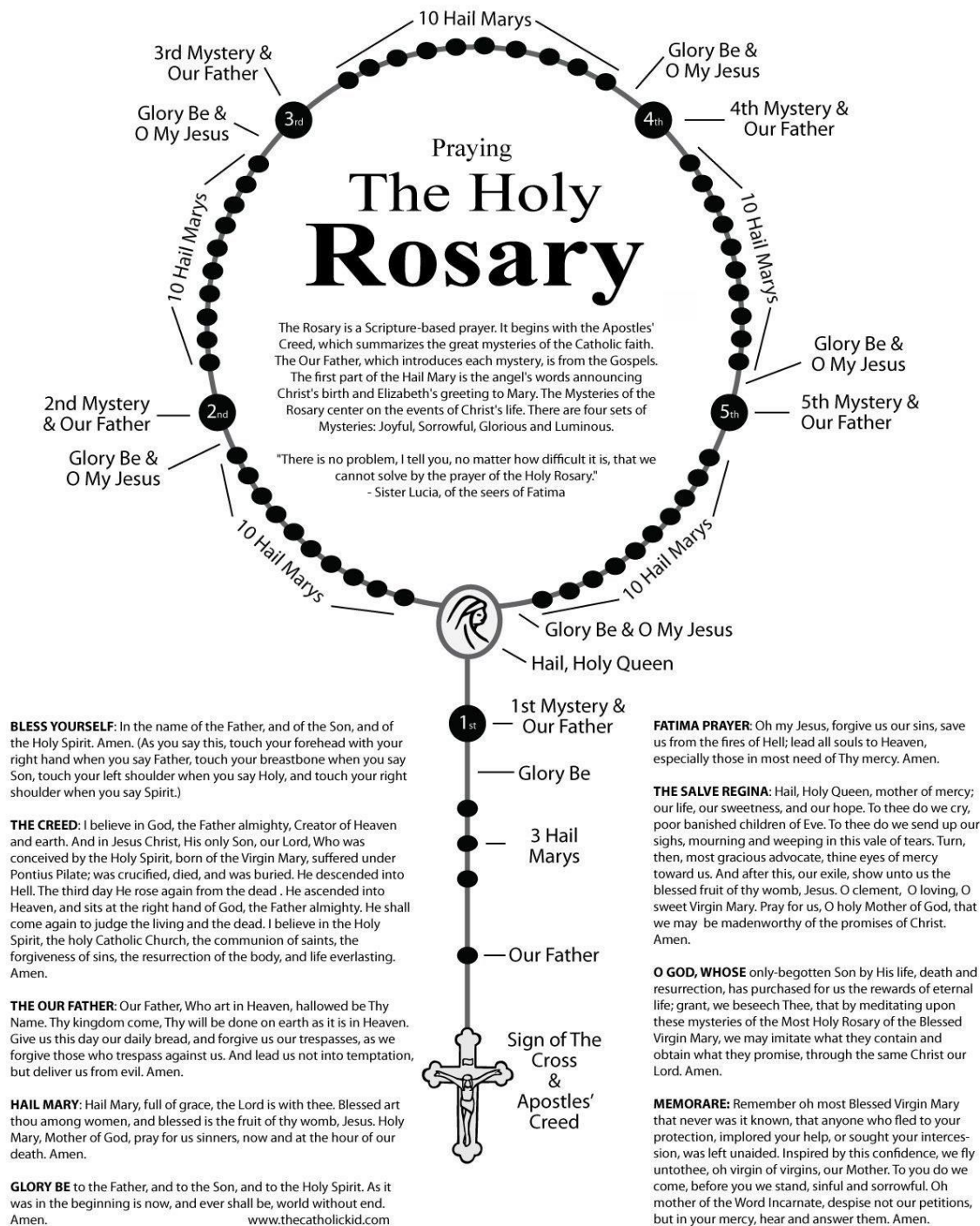
Hail, Mary, full of grace, the Lord is with thee.

Blessed art thou amongst women

and blessed is the fruit of thy womb, Jesus.

**Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death. Amen.**





Year 9 and 10 Knitting and Stitching Show 2023

Textiles students enjoyed a wonderful day out at the knitting and stitching show at Alexandra Palace, learning about creative techniques, watching demonstrations and meeting designers and makers.

Our students were complimented on their impeccable behaviour and how "amazing" they were.

Thank you to everyone who helped support the trip.

Mrs Holloway

Teacher of Textiles



Younger Persons Champion

Jo, in year 8, attended the Colchester Borough Homes AGM on Wednesday after raising £900 for charity following his nomination for younger persons champion.

The PowerPoint screen on the evening read "Joseph is an amazing young man that always thinks of others and how he could be helping them. Joseph has his own struggles as he learns to understand his autism and sensory processing struggles. He decided that he would use these challenges and face the pain of having his hair shaved off to raise £900 for Colchester CAP debt centre to support those they work with facing fuel poverty after learning that some families have to choose between food or warmth".

Congratulations to Jo!







YOUNGER PERSONS CHAMPION
JOSEPH

"Joseph is an amazing young man that always thinks of others and how he could be helping them."

Joseph has his own struggles as he learns to understand his autism and sensory processing struggles. He decided that he would use these challenges and face the pain of having his hair shaved off to raise £900 for Colchester CAP debt centre to support those they work with facing fuel poverty after learning that some families have to choose between food or warmth."





Year 9 Pathways

From Friday 6th October, year 9 students will have their first whole year group opportunity to register their interest in changing their Pathway subjects depending on availability.

Students should fill in a digital form, for which the link has already been emailed to them to their college email address.

It is important that students discuss pathway changes with their current teacher, with their form tutor, the teacher responsible for the subject they wish to move to, and their parents. Students are required to confirm that they have done so in one of the sections of the form and will have to bring back a signed permission slip from their parent/carer.

The form will close on Friday 13th October to allow sufficient time for our students to reflect on their Pathway choices, revisit the GCSE Pathways support materials with their parents/carers and discuss with the relevant teacher for the subject they wish to move into about the requirements, challenges and benefits of studying their subject at GCSE level.

If the Pathway changes are possible, students will receive their new timetables on Tuesday 31st October. Alternatively, Mr McCourt, Raising Standards Leader, will speak to the students concerned and together we will find a way forward.

For more information on this process, please click [here](#)

Mr Cretu

Assistant Principal

Hello Yellow 2023

On Tuesday 10th October, St Benedict's will be a bright place to be as our students will be supporting the mental health charity 'Young Minds' by wearing an item of yellow clothing or a yellow accessory!

We ask that students bring in a £1 donation to wear yellow.

There will be activities your child can take part in, including finding one of 75 'hello yellow ducks' hidden around the college site, and guessing the name of a very cute cuddly cat!

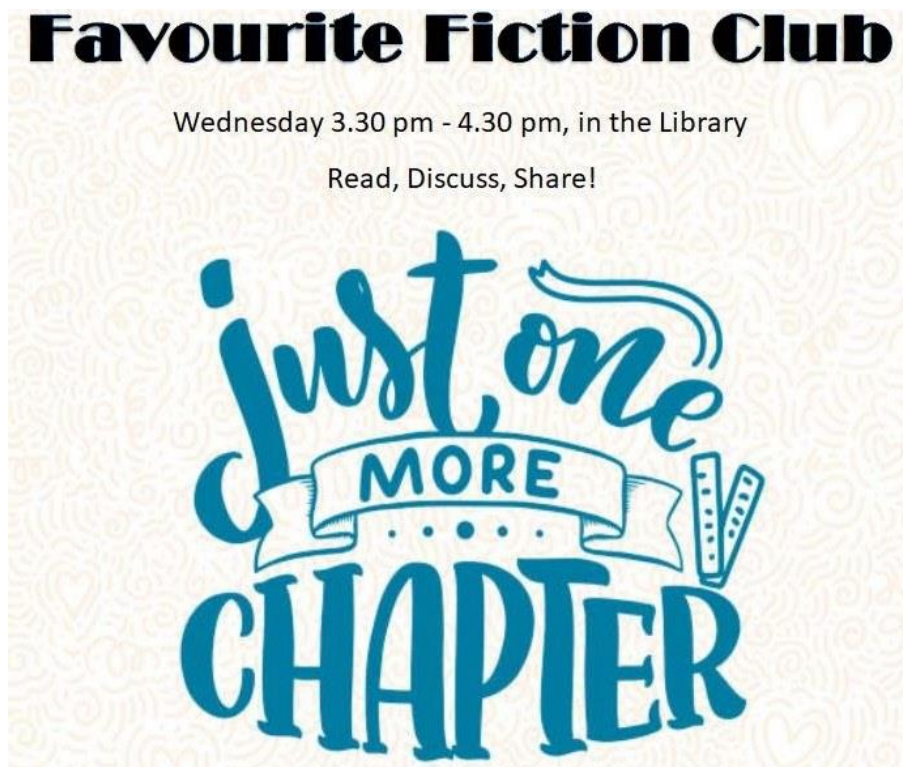
The 'yellowest form' will be rewarded with the Pac-Man machine in their form room for a week!

Mrs Davis

Assistant Principal - Safeguarding




Favourite Fiction Club



Shoe box appeal

Shoe box appeal 2023

- 2019 = 63
- 2020 = 76
- 2021 = 79
- 2022 = 80
- 2023 = ??




Who A rural community in west Romania

Why St Johns Church, Colchester has been supporting this community to grow and support themselves for the past 6 years

When Boxes will be packed and sent by mid November

How to take Part?

- Collect a flat pack shoe box from Mrs Stewart-Thomas and a packing list/label
- Wrap in Christmas paper and fill with suitable gifts

OR (easier option!)

- Buy items to donate and prefects will assemble the boxes at college
- Bring items to Mrs Stewart-Thomas in the Art room for sorting by the 17th November

Toys and games	Stationery	Clothing and personal care
Toy cars etc. Plastic toys and figures Small doll or stuffed toy (with CE label) Skipping rope Ball (small or deflated with pump) Musical instrument Puzzle	Pens and pencils Crayons Water colour paints Sharpeners and erasers Note books Colouring books Solar calculator	Toothbrush Comb, hair brush Wrapped soap Flannel Hair clips, bows etc. Sunglasses (with UV/CE mark) Hat, gloves, scarf Baseball cap Reusable plastic containers e.g. plate, bowl, cup, water bottle
No liquids	No food	

Internet Safety

The internet can be a fun and interesting place for young people, particularly with the opportunity to engage with friends through social media. However this week we have become aware of a number of items of concern with regards to Tiktok.

As Tiktok is a platform where people create and share short videos, it can become a place of danger if children are not aware that what they are watching is not necessarily factual or accurate.

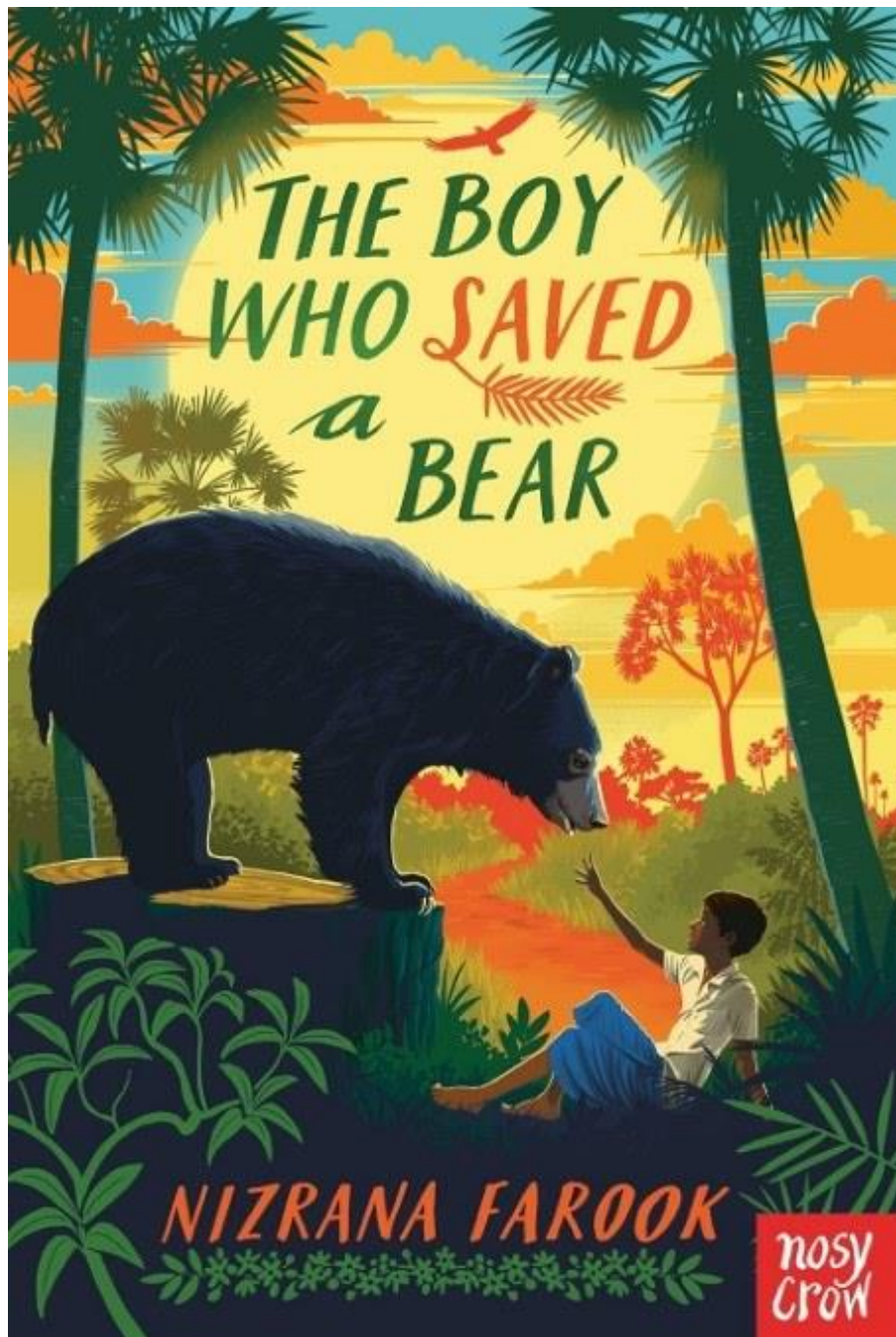
Furthermore, in the making of these videos, children can expose themselves to danger - for example, a recent video made in Colchester shows young people nearly being run over by a bus when they are running across the road.

We would ask parents and carers to support their children by talking to them about the dangers of internet inaccuracy and encourage them to be sensible in their actions if they are involved in making Tiktok videos. Tiktok should only be used by people who are aged 13 years and older.

Mrs Davis

Assistant Principal - Safeguarding

Book Of The Week



1 - [The Boy Who Saved a Bear by Nizrana Farook](#)

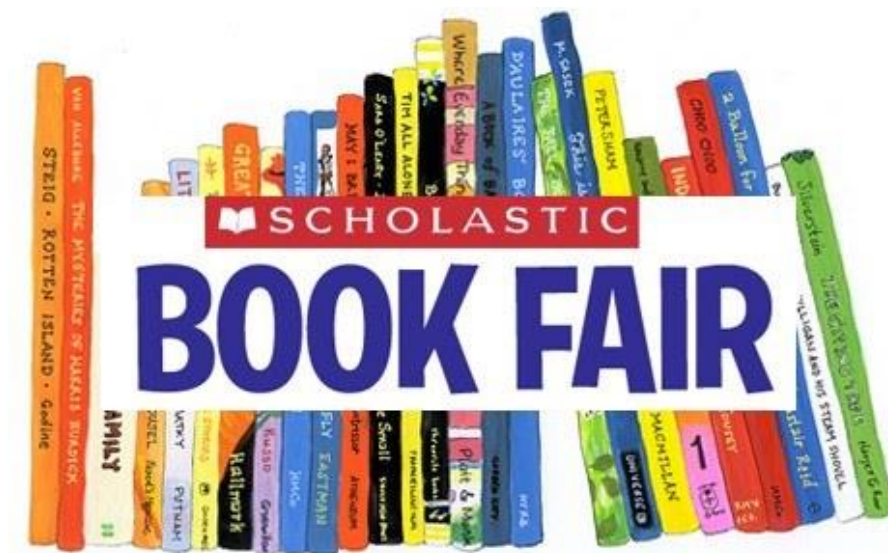
The Boy Who Saved a Bear by Nizrana Farook

Published this year, a pacy, atmospheric adventure set in Sri Lanka.

Nuwan works in a library. One day, he accidentally takes away a valuable key that's been hidden inside one of the books, and in the process thwarts the plans of some very dangerous thieves. On the run, he hides in a cave, only to discover in the middle of the night that he is sharing it with a big, hairy, terrifying bear! After some hair-raising moments, he and the bear reach an understanding and they travel on together, evading the bad guys and hoping the key will unlock the answers to the mystery so that they can stop running and return home...

Reader Leader

Head of communications faculty



French Club

Le club français

Thursday lunchtimes
Years 7 and 8

L2



Communications sent out this week

[Choices: It's about your son](#) - Year 7 and 8

Opal coast trip - Year 9

New scientist live - Year 8

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



Main Meal

Chilli con carnie, rice & tortillas	£2.35	Wheat/gluten/milk/soya
Jacket potato & beans	£1.25	
add cheese	£1.05	Milk

Veggie Option

Quorn chicken & savoury rice	£2.35	Egg
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Grab and Go

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
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	



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
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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 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	





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

Snacks

Granola pot	£1.05	Wheat/gluten/milk
Yoghurt	£1.00	Milk
Fruit pot	£1.50	
Yum Yum	£0.85	Wheat/milk
Doughnut	£0.70	Wheat
Popcorn	£1.00	
Proper Chips	£1.00	





Friday Week 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
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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
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
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Proper Chips	£1.00	



Instagram Highlights





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

Numeracy Challenge

Well done and thanks for your hard work this week. This week's 3 respect points go to Grace and Joelle of 10S. Congratulations!

Have a lovely weekend!

Mr Asamoah

Teacher of maths and numeracy coordinator

A display of work done by Grace and Joelle below in respective order.

Topic: Decimals (F)

1. Which number is half way between 0.6 and 0.9?			
0.75 ✓	0.7.5	0.075	0.705
2. Which decimal is equivalent to $\frac{3}{5}$?			
0.35	0.53	0.6 ✓	0.15
3. Which decimal is equivalent to 2%?			
0.02 ✓	0.50	0.2	0.050
4. Work out $4.73 - 2.9$			
1.64	2.64	1.83 ✓	2.83
5. Work out 5.32×4			
20.128	20.1208	21.208	21.26 ✓

#RAG123 Reason for rating:

$$\begin{array}{r} 5.32 \\ \times 4 \\ \hline 21.28 \end{array}$$

$$\begin{array}{r} 4.73 \\ - 2.90 \\ \hline 1.83 \end{array}$$

Multiple choice quiz

5/5

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2. Which decimal is equivalent to $\frac{3}{5}$?			
0.35	0.53	0.6 ✓	0.15
3. Which decimal is equivalent to 2%?			
0.02 ✓	0.50	0.2	0.050
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$$\begin{array}{r} 4.73 \\ - 2.90 \\ \hline 1.83 \end{array}$$

$$21.28$$

Multiple choice quiz

5/5

Maths Joke

The improper fractions helpline is open 24/7

Leader board as of Thursday afternoon 05th October 2024

<u>Leaderboard</u>			
7S	909	9S	1346
7T	961	9T	438
7B	1082	9B	1193
7E	888	9E	1188
7N	1058	9N	1079
7D	1095	9D	977
8S	1082	10S	461
8T	1104	10T	683
8B	816	10B	529
8E	1111	10E	586
8N	666	10N	587
8D	1141	10D	483

Week Commencing 9th October 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.

SEND Roadshow



Essex County Council
Special Educational Needs
and Disabilities

Essex Local Offer Roadshows

Are you the parent/carer or family member of a child with Special Educational Needs and Disabilities (SEND)? Do you have questions about accessing support in your area or questions about SEND support available in Essex through Health, Education and Social Care? Would you like to link up with other parents in your area?

If you do, please come along and see us at the Roadshow. There will be representatives from Essex Family Forum, SENDIASS, health, social care as well as representatives from the education teams, SEND Navigation Leads and local support groups. The roadshow is a drop-in event with no need to book.

This term for North Essex we will be at:

Waterfront Harwich, Lower Marine Parade, Dovercourt, Harwich, Essex, CO12 3SS

Tuesday 17 October
9am to 12.30pm

Please go to the Essex Local Offer to find out addresses and more (QR and link below).

In Partnership with



SCAN ME

<https://send.essex.gov.uk/i-think-my-child-needs-help/essex-local-offer-roadshows>





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 ActivAte 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 ActivAte 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.](#) 