



St Benedict's Catholic College Newsletter Issue 6 - 13th October 2023

Message from the Principal

Dear parents, carers, students and friends

No young person should feel alone with their mental health, but recent national surveys conducted by Young Minds indicate that 65% of young people surveyed hadn't asked for any kind of support, with 33% saying they felt embarrassed. This week we've joined thousands of other schools by standing out and showing up for young people's mental health. Our 'Hello Yellow' day raised over £300 for this worthwhile charity. A big thank you to all those who wore a yellow item of clothing or contributed in any way this week. Continuing the theme, we welcomed Theatre for Schools, who presented their play 'Invictus' – a creative and engaging performance with stories of resilience, fortitude, overcoming adversity and mental health. The play inspired hope and resilience, whilst also sign-posting where young people can get help and advice when they need it. My thanks to Mrs Davis for organising this worthwhile experience.

Unfortunately, I have had to close our field for some breaks and lunchtimes this week due to litter that hasn't been put in the many bins we have all around our site. The field is used for PE lessons and litter items left on the field disrupt learning in these valuable lessons. Please could I ask you to remind your children to be good stewards of our environment and use one of our 20 external litter bins to dispose of waste items.

Mrs J E Santinelli

Principal

Chaplaincy

Friday 13th October 2023

TWENTY-SEVENTH WEEK OF ORDINARY TIME

"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

- Thessalonians 5:18

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

Lord Jesus, we come to you and kneel at your feet, knowing that you love and accept us. Hear our humble prayer of thanks for all the good you have done in our lives. Help us to always show gratitude to all who have given us assistance. Amen.

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



Year 8 New Scientist Live Trip

On Monday 9th October we took 107 year 8 students to the annual New Scientist Live event held at the ExCeL centre in East London. There were many exhibitors and talks from experts sharing information to inspire excitement around STE(A)M (Science, Technology, Engineering, Art and Mathematics). Below are some of the comments from our students about the event:

Abayomi: *"I liked the talks about the asteroid belt and the formation of stars."*

Cadryche: *"I really enjoyed the information that was given by the many physicians."*

Eloise: *"I liked all the interesting facts they had on display, especially the technician job ideas suggested to me after taking a test. The roles I might focus on will be - Air traffic controller; Aircraft maintenance technician and ROV (remotely operated vehicles) Pilot technician. Overall the experience was amazing and I would love to go back there again."*

Chinonso: *"I most of all enjoyed all of the different stands at the science trip as they were interactive and fun."*

Magdalena: *"I really liked seeing the robot dogs. There was also a stand with microscopes where you could view the different bugs/bacteria. There was a tractor in the venue too which was cool as you were allowed to sit in it."*

Arabella: *"I liked all of the stalls, especially the ones that told you about the different jobs you can do in science. I also like the experience with the VR sets where you control an aeroplane."*

It's safe to say the trip was a huge hit!

Mrs Adenekan

Teacher of science









Calling all Performers and Musical Fans!

We are delighted to announce that we will be performing the smash hit musical 'Godspell' on 14th, 15th and 16th February 2024.

This will be an amazing opportunity for all year 7, 8, 9, 10 and any year 11 drama or music students who enjoy singing, acting, dancing and acrobatics to be part of this whole college event. We are holding an introduction and audition workshop on Wednesday 18th October from 3.30 pm - 4.45 pm in room 3 (music room). This is a chance for students to understand what the musical is about, our

artistic vision, listen to some of the music, hear some dialogue and learn about the audition process (which isn't scary).

Rehearsals will be running during term time on Monday and Wednesday's from 3.30 pm - 4.45 pm.

We are excited to showcase the amazing talent we have in college and will be offering backstage and band opportunities soon. We look forward to seeing the students there!

Mrs Davies

Teacher of drama



'Hello Yellow'

For 'Hello Yellow', students produced work to display their knowledge and understanding of mental health.

Below is some beautiful work by Aisling in 8S.

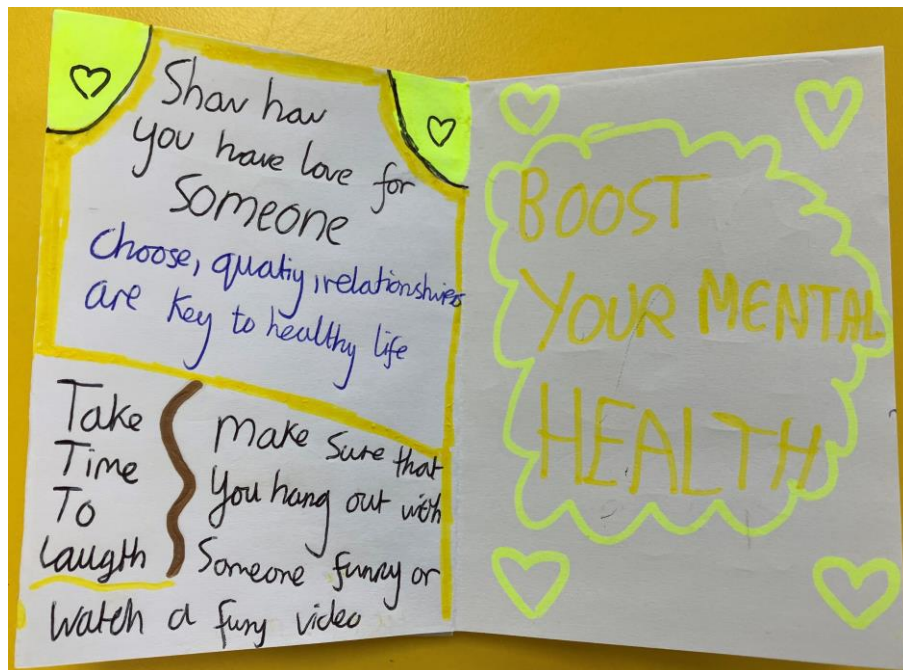
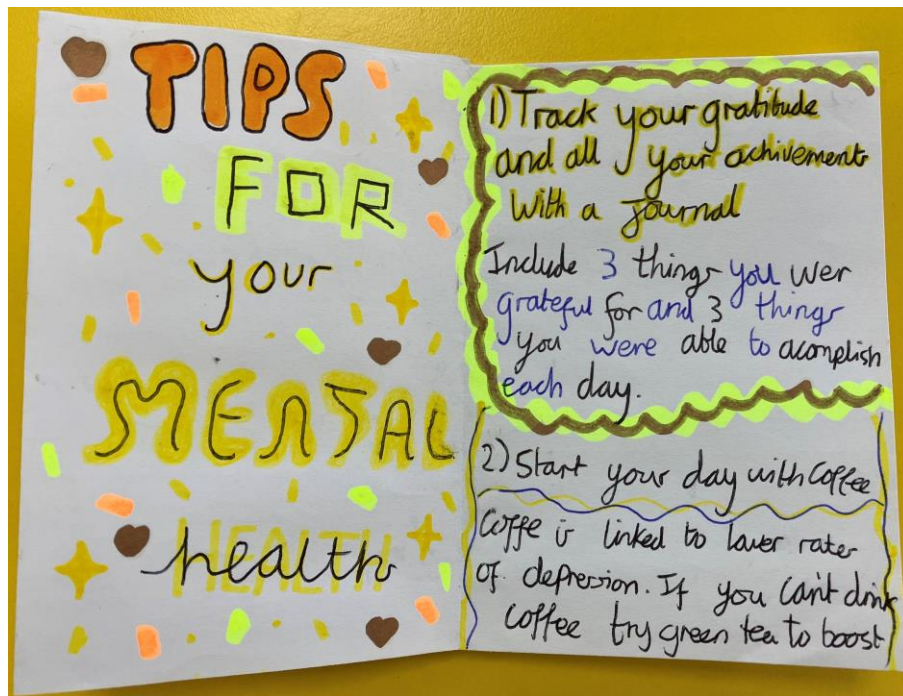
By Aerling

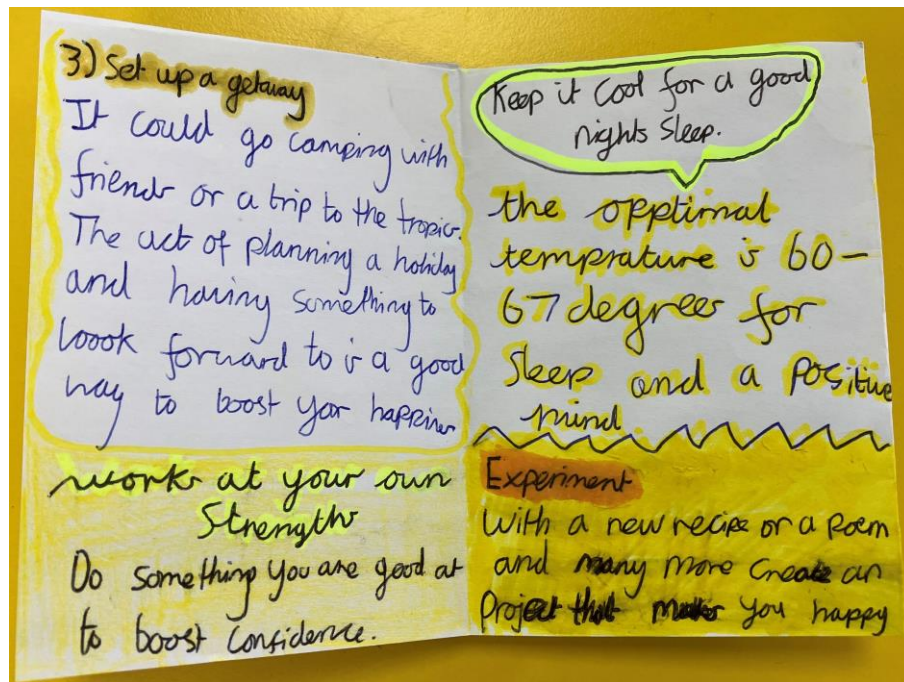
85

HELLO

Yellow

mental
health
day





North East Essex Netball Tournament

Congratulations to the year 11 girls who competed in the north east Essex netball tournament. Some great netball was played by all and they achieved 2nd place in the competition. Player of the tournament went to Sophie.

Well done everyone, you should be very proud!

Mrs Mussett

Teacher of PE



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

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

No liquids

Stationery

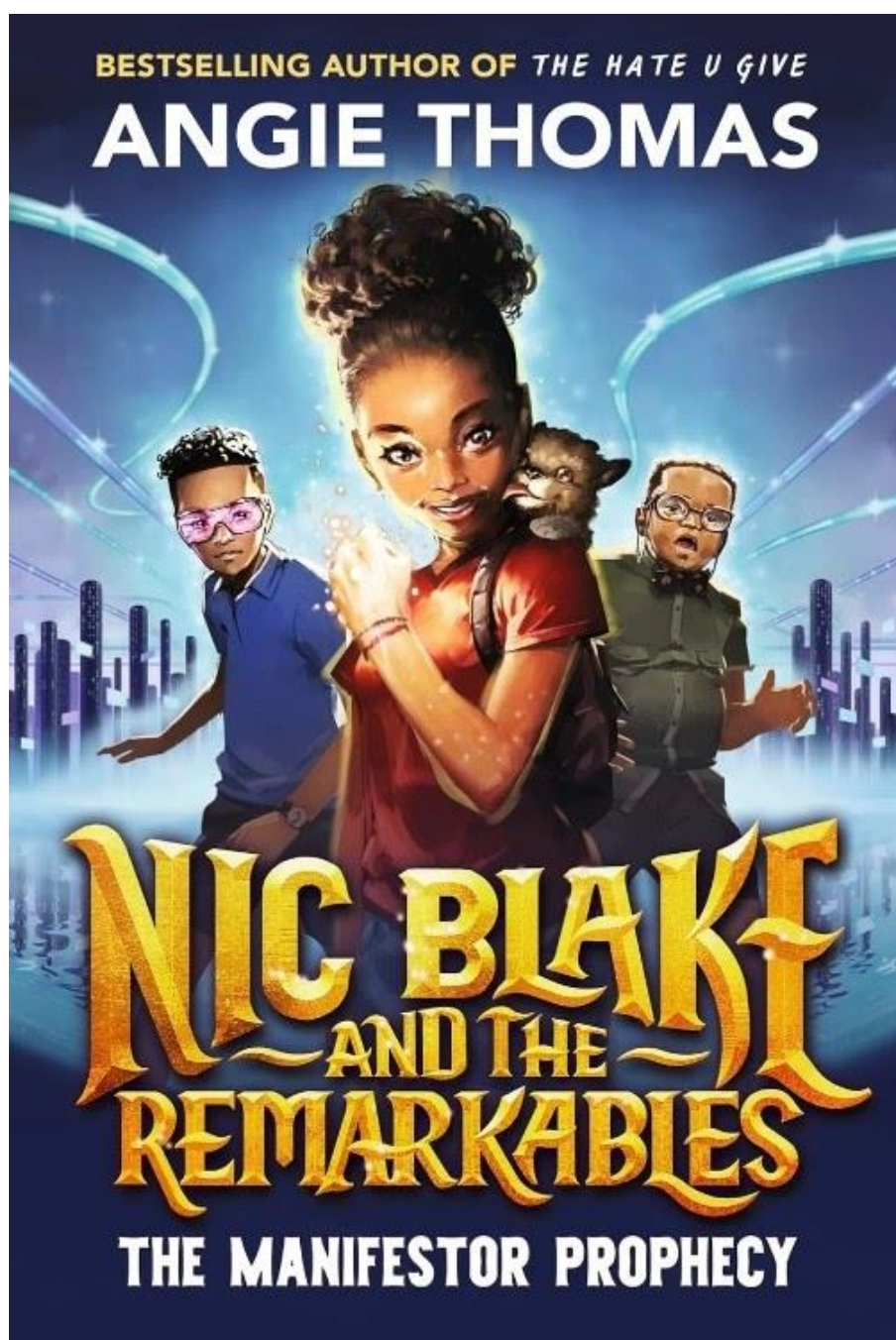
Pens and pencils
 Crayons
 Water colour paints
 Sharpeners and erasers
 Note books
 Colouring books
 Solar calculator

No food

Clothing and personal care

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

Book of the Week



[1 - Nic Blake and the Remarkables by Angie Thomas.](#)

Nic Blake and the Remarkables by Angie Thomas

From the internationally acclaimed author of *The Hate U Give*, a contemporary fantasy trilogy inspired by African American history. All Nic Blake wants is to be a powerful Manifestor like her dad... it's hard being a Remarkable in an Unremarkable world. However, before she has a chance to convince him to teach her the gift, a series of shocking revelations and terrifying events launch Nic and her two friends on a hunt for a powerful magic tool she's never heard of to save her father from imprisonment for a crime she refuses to believe he committed.

This is available in our college library.

Mrs Sullivan

Reader Leader

Lost & Found

If your child(ren) have lost any items while at college, it may have been handed in to the college reception. We currently have a large selection of water bottles, blazers, jumpers and even a few pairs of trousers!

Check out our website or click [here](#) to have a look at what currently is in our lost and found. Items will be kept for 2 weeks and then donated to charity or disposed.



Communications sent out this week

Breakfast Book Club - Selected year 7, 8 and 9 students

Higher Prior Attainer - Selected year 8 - 11 students

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
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 1



Main Meal

Greek meatballs in sauce, pasta & pitta	£2.35	Wheat/gluten/milk/soya
Jacket potato & beans	£1.25	
add cheese	£1.05	Milk

Veggie Option

Ratatouille spicy bean wrap	£2.35	Gluten/wheat
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Grab and Go

Chicken fajitas	£1.60	Celery/gluten
Bacon & egg panini	£1.65	Wheat/gluten/milk
Pepperoni pizza	£1.25	Wheat/gluten/milk
Paprika potato wedges	£0.75	
Tomato & spinach pasta	£1.05	Wheat/gluten
Cold pesto, spinach & tomato pasta pot	£1.05	Wheat/gluten
Selection of sub rolls	£1.65	Allergens detailed on product
Various small filled roll	£0.75	Allergens detailed on product
Soup and bread roll*	£1.50	Wheat/gluten
Tomato or Sweet potato & butternut (*from November 23)		

Salad bar

Salad box	£1.05	
Tuna	£1.05	Fish/milk/egg
Eggs (x2)	£1.05	Egg
Ham	£1.05	Sulphates
Cheese pot	£1.05	Milk
Drinks		
Water	£0.50	
Milk carton	£0.65	Milk
Various flavours		
Radnor fizz	£0.70	
Radnor splash	£0.50	

Snacks

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



Friday Week 1



Main Meal

Fish fillet, chips & beans	£2.35	Fish/wheat/gluten/cereal
Jacket potato & beans	£1.25	
add cheese	£1.05	Milk

Veggie Option

Cheese & broccoli quiche & chips	£2.35	Milk/eggs/gluten
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Grab and Go

Cauliflower cheese tuk tuk	£1.05	Gluten/milk
Mozzarella & tomato panini	£1.65	Wheat/gluten/milk
Cheese & tomato pizza	£1.25	Wheat/gluten/milk
Fishwich burger	£1.75	Wheat/gluten/fish
Macaroni bites & salad	£1.25	Wheat/gluten
Nachos & salsa	£0.65	Wheat/gluten
Nachos & guacamole	£1.00	Wheat/gluten
Chips	£1.00	
Selection of sub rolls	£1.65	Allergens detailed on product
Various small filled rolls	£0.75	Allergens detailed on product
Soup and bread roll*	£1.50	Wheat/gluten
Tomato or Sweet potato & butternut (*from November 23)		

Salad bar

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Drinks		
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Popcorn	£1.00	
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 Katherine and Samuel in 9D. Congratulations!

Have a lovely weekend!


Mr Asamoah

Teacher of maths and numeracy co-ordinator

A display of work done by Katherine and Samuel below in respective order.

WEEK 6 SESSION 1 - Answer as many questions as you can in 5 mins

MENTAL STRATEGIES - do these in your head

Q	Question	Answer
1	$17 \div 10 = 20$	3
2	What is double 36?	72
3	$89 \div 10$	9
4	$143 \div 20$	7
5	$5 \times 4 \div 10$	2
6	$14 - 7 = 14 - 4 = 0$	3
7	$56 \div 56 \div 10 \div 56$	2
8	Draw hands on the clock face showing 7:05 pm	
9	What is double 9?	18
10	Half 48	24
Total out of 10		10

MENTAL STRATEGIES - do these in your head

Q	Question	Answer
1	$5 \times 10 \div 10$	50
2	$18 \div 6 \div 10$	3
3	$9 \times 10 \div 63$	7
4	$32 \div 10 \div 4$	8
5	$5 \times 9 \div 10$	4
6	$3 \times 3 \div 10$	1
7	$10 \div 3 \div 24$	8
8	$10 \div 3 \div 10$	3
9	$1 \times 3 \div 10$	3
10	$10 \div 5 \div 10$	2
Total out of 10		10

KEY SKILLS - you may use written calculations for these questions

Q	Question	Answer
1	What is the value of $(1/10)$ squared?	225
2	$986 \div 3175$	4161
3	$364 \div 8 \div 8$	9
4	Write 780026 in words. (Use the opposite page for your answer)	780,026
5	$13,089 \div 1000$	13.089
6	$1(1) \div 140$	6
7	Round 6.5254 to 2 d.p.	6.53
8	$10 \div 1(5)$	5
9	Round 0.006435 to 1 s.f.	0.006
10	Letter at (2, -2)	V
Total out of 10		10


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

MENTAL STRATEGIES: 10
TIMESTABLES: 10
KEY SKILLS: 10 +

MY **MENTAL** BELT: TRACK
MY **MENTAL** SCORE: 30

WEEK 6 SESSION 1 - Answer as many questions as you can in 5 mins

MENTAL STRATEGIES - do these in your head

Q	Question	Answer
1	$17 \div 10 = 20$	3
2	What is double 36?	72
3	$89 \div 10$	9
4	$143 \div 20$	7
5	$5 \times 4 \div 10$	2
6	$14 - 7 = 14 - 4 = 0$	3
7	$56 \div 56 \div 10 \div 56$	2
8	Draw hands on the clock face showing 7:05 pm	
9	What is double 9?	18
10	Half 48	24
Total out of 10		10

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1	$5 \times 10 \div 10$	50
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6	$3 \times 3 \div 10$	1
7	$10 \div 3 \div 24$	8
8	$10 \div 3 \div 10$	3
9	$1 \times 3 \div 10$	3
10	$10 \div 5 \div 10$	2
Total out of 10		10

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10	Letter at (2, -2)	V
Total out of 10		10

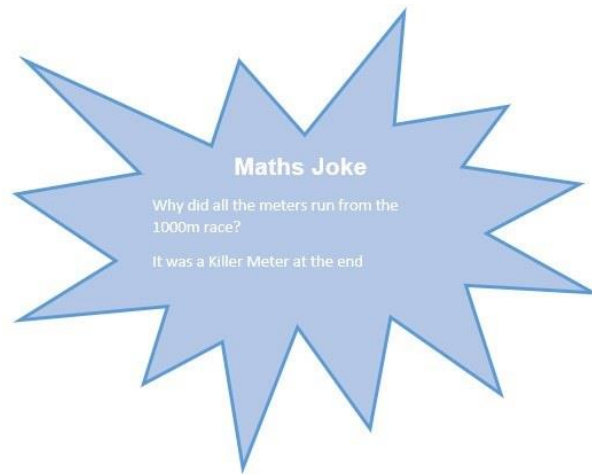
What's your **MENTAL** Score? Fill in your scores in the boxes and calculate it now!

MENTAL STRATEGIES: 10
TIMESTABLES: 10
KEY SKILLS: 10 +

MY **MENTAL** BELT: TRACK
MY **MENTAL** SCORE: 30

Leader board as of Thursday afternoon 12th October 2023

Leaderboard			
7S	1111	9S	1318
7T	1168	9T	1182
7B	1314	9B	1193
7E	1090	9E	1421
7N	1285	9N	1271
7D	1333	9D	1464
8S	1293	10S	720
8T	1337	10T	703
8B	816	10B	616
8E	1314	10E	702
8N	1122	10N	587
8D	1362	10D	606



Week Commencing 16th October 2023 - 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.