



**St Benedict's Catholic College  
Newsletter Issue 7 - 20th October  
2023**

## Message from the Principal

Dear parents, carers, students and friends

As we come to the end of a full and enriching half term, I would like to thank all of our amazing staff for everything they have done to teach, nurture and support our young people. Rewards assemblies this week have been absolutely super. We have presented so many blue achievement badges and more than a dozen Learning Champion rewards, including our limited edition silver and gold Learning Champion pens. We acknowledged the large number of students who achieved 100% attendance this half term, too. Congratulations to all the recipients, we are so proud of you all. My thanks to Mrs Verhofstadt and the Raising Standards Leaders for leading such positive assemblies.

A sincere thank you to all parents and carers for your support in helping us maintain the very high standard of uniform at our college. At this time of year when purchasing winter coats, it is worth remembering that coats must be of a plain dark colour, such as black or navy with no obvious logos, printing or insignia. High value, fashion jackets are not allowed at all. We have reminded students that blazers are compulsory and jumpers are optional – any winter coat needs to be suitable to wear over a blazer.

We have a staff training day on Monday 30th October and students return to college on Tuesday 31st October. I wish everyone associated with the college an enjoyable break.

Mrs J E Santinelli

Principal

## Chaplaincy

Over the last 3 weeks, year 7 forms were given the opportunity to take a break from their normal college day to go on retreat. All form groups conducted themselves brilliantly, from the quiet moments of prayer and reflection in the Chapel and at St Teresa's Church in Lexden, to the high energy and competitive activities in the Church hall. The day was centred around the theme of community, with the inspiration of St Paul's letter to the Corinthians (Corinthians 12:12-14) - "One body, many parts".

On Thursday 19th October, we celebrated Youth Mass in the college Chapel. It was a lovely celebration and a great opportunity for young people to feel more involved in the Mass.

On the first Wednesday back (Wednesday 1st November) we celebrate the Feast of All Saints - A Holy day of Obligation. At lunchtime, there will be a Mass in the college Chapel for any student or staff member who would like to fulfil their obligation. Students are invited to leave their period 4 lesson 5 minutes early to come straight to the Chapel in preparation for the Mass. Mass will also be celebrated in local parishes including: St James the Less and St Helena at 7.30 pm and Our Lady of Light and St Osyth at 7.00 pm.

Mr Fusi

Lay Chaplain

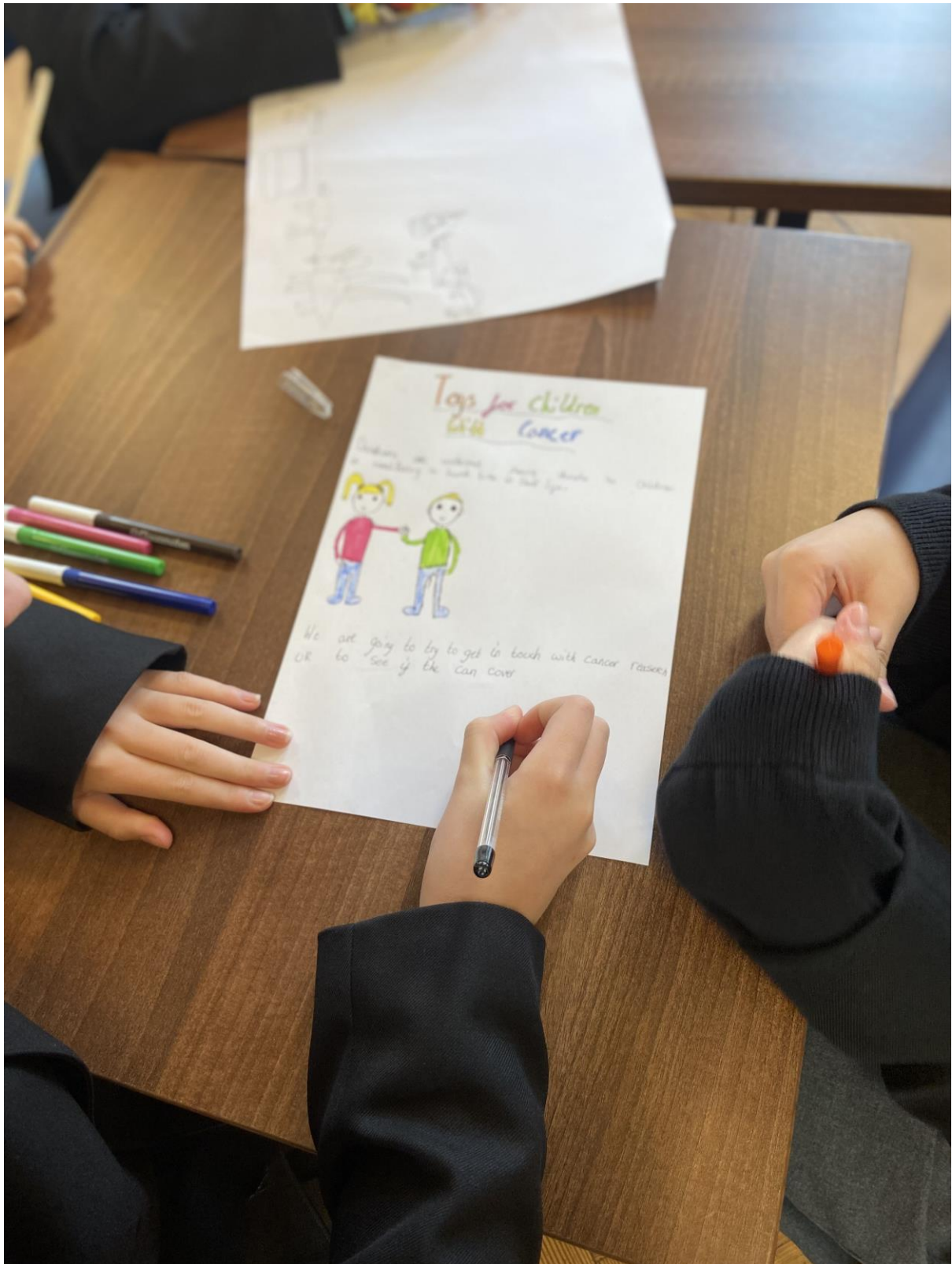












## Punctuality at the Start of the College Day

We would like to remind all parents/carers that students are expected to be punctual at the beginning of every college day. Form time is an important part of the day to support students to prepare for the college day and their learning.

- We expect all students to be in college by 8.55 am (the electronic gates lock at 8.58 am)
- Form time (or assembly) starts at 9.00 am and we expect all students be in their form group (or assembly) in time for a prompt start
- If a student is late and not in their form group (or assembly) by 9.00 am they will be awarded a late mark on Class Charts, which issues a behaviour point and a lunchtime detention
- If a student receives 3 late marks in a week, they will be expected to attend a routine after college detention (3.30 pm - 4.00 pm)

Please note that even if parents/carers telephone ahead to inform the college that a student is going to be late, this will not exempt a student from being given a late mark on the register.

However, we appreciate that on rare occasions there may be wider issues (for example, a local traffic issue that is documented on local traffic forums) which may lead to students arriving late. In those instances, consequences may still be issued, but a review of the mitigating circumstances may lead the behaviour point and/or lunch time detention being withdrawn.

We appreciate your patience when a review is being conducted and for any retrospective action to be taken if a consequence needs to be withdrawn.

Thank you for your continued support.

Mr Radley

Assistant Principal

## Learning Conversations at St Benedict's

Dear parents/carers,

In the second half of the autumn term we will be observing the first parents evening of the academic year. This week, you will have received your child's attitude to learning report and may have questions regarding this, questions that you are planning on asking your child's teacher on 16th November if you are a year 7 parent/carer, or you will be saving them for later in the year if you are a parent/carer of a child in year 8 or above.

Parents evening at St Benedict's is a virtual one, that has been tailored to our college based on feedback received from parents in the consultation survey:

- The booking system opens at 6.00 pm to ensure that all parents/carers can access the portal as soon as it becomes available
- Year 11 parents evening will have 6 minute slots per student compared to the 5 minute slots allocated to years 7 to 10
- Our staff have received training on how to use the allocated slot per student with maximum efficacy

Should you find that the time allocated is not sufficient, or, as mentioned above, your child's parents evening is not due until the Spring term, please feel free to contact the college by email [admin@stbenedicts.essex.sch.uk](mailto:admin@stbenedicts.essex.sch.uk) or phone - 01206 549 222 and your query will be directed to the right person.

At St Benedict's we retain the sense of community and belonging via other face-to-face events rather than parents evenings, to which all parents/carers are welcome. Events like open evening, family Mass, presentation evening, science fair, carol service, Jack Petchey speak out regional final, leavers mass, college production, to name a few, are scheduled throughout the academic year and will be advertised via the different channels of communication used by the college.

I would like to thank all parents/carers for their continued support, please do not hesitate to contact me should you have any questions or concerns.

Mr Cretu

Assistant Principal

## **Year 7 - Maths Groups**

Our year 7 students have settled well into college and have made a great success of their first half term with us whilst they have been taught in their tutor groups. Having got to know the year group, and having undertaken a number of baseline assessments in our subject area, after half term students will be taught in groups arranged according to their current attainment and projected targets.

New timetables which reflect new groupings and allocated teachers for maths and science will be available on Class Charts from Tuesday 31st October.

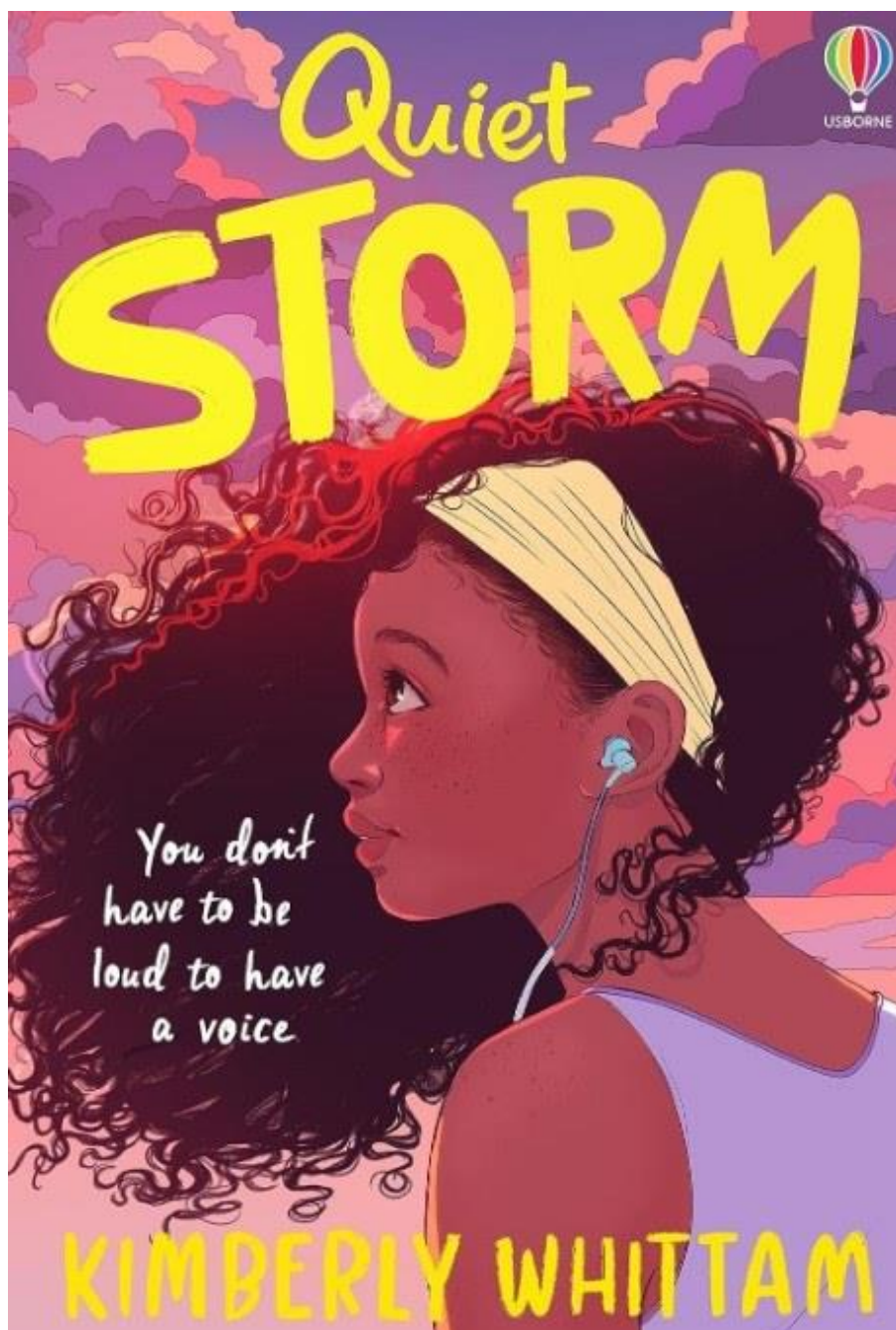
Should you have any questions in relation to this, please contact the head of faculty, Miss Richardson.

Mr Cretu

Assistant Principal



## Book of the Week



1 - [Quiet Storm by Kimberly Whittam](#)

### **Quiet Storm by Kimberly Whittam**

A tender, empowering novel about family, friendship and finding confidence in who you are. Storm has never liked to stand out from the crowd, but ever since she started Year 7, her life has been full of people telling her she needs to speak up, make friends and be more like her popular big brother. Then Storm breaks a school record and finds herself the new star of the athletics team. However, just as she's thrust into the spotlight, her home life and friendships start spiralling out of control and it's time for Quiet Storm to show that she has something to say.

This is available from the school library.

Mrs Sullivan

Reader Leader

## Red Heart Theatre Performance of Jekyll and Hyde

On Friday 20th October, year 11 were treated to a performance of 'The Strange Case of Jekyll and Hyde'.

Unlike many film and TV adaptations, Red Heart Theatre's adaptation is completely faithful to Stevenson's original text.

Alternating between Utterson's narrative and Jekyll's 'Statement of the Case' this one man show enthralled our year 11 students and helped them secure their understanding of the plot of this complex story ahead of their upcoming mock exam.

Mrs Bishop

Head of Communication Faculty



## Year 11 Netball Team

Congratulations to the year 11 netball team 'Lightning', for their fantastic win against Colchester Academy last Wednesday. A great performance by all. Final score was 29-2 and player of the match went to Charlie-May.

## Discount on College uniform


Our uniform supplier, SWI Schoolwear is offering a huge 20% off everything up until 22nd October 2023. If you need to top up on any uniform or PE kit items, now's the time to shop.

Click [here](#) or visit [www.swischoolwear.co.uk](http://www.swischoolwear.co.uk) and use code **DEAL20** at checkout.

## 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](#)



### Tuesday Week 2



<b><u>Main Meal</u></b>			
Thai chicken & savoury rice	£2.35		Wheat//gluten/milk/soya
Jacket potato & beans	£1.25		
add cheese	£1.05		Milk
<b><u>Veggie Option</u></b>			
Spicy 5-bean chilli, rice & tortillas	£2.35		Egg

<b><u>Grab and Go</u></b> <table border="0" style="width: 100%;"> <tr> <td style="width: 60%;">Burger/Cheeseburger</td> <td style="width: 10%; text-align: right;">£1.75</td> <td style="width: 30%; text-align: right;">Gluten</td> </tr> <tr> <td>Caribbean beef panini</td> <td style="text-align: right;">£1.65</td> <td style="text-align: right;">Wheat/gluten/milk</td> </tr> <tr> <td>Pepperoni pizza</td> <td style="text-align: right;">£1.25</td> <td style="text-align: right;">Wheat/gluten/milk</td> </tr> <tr> <td>Roast potato pot</td> <td style="text-align: right;">£0.75</td> <td></td> </tr> <tr> <td>Arrabiatta pasta pot</td> <td style="text-align: right;">£1.05</td> <td style="text-align: right;">Wheat/gluten</td> </tr> <tr> <td>Tomato &amp; spinach pasta</td> <td style="text-align: right;">£1.05</td> <td style="text-align: right;">Wheat/gluten</td> </tr> <tr> <td>Selection of sub rolls</td> <td style="text-align: right;">£1.65</td> <td style="text-align: right;">Allergens detailed on product</td> </tr> <tr> <td>Various small filled roll</td> <td style="text-align: right;">£0.75</td> <td style="text-align: right;">Allergens detailed on product</td> </tr> <tr> <td>Soup and bread roll*</td> <td style="text-align: right;">£1.50</td> <td style="text-align: right;">Wheat/gluten</td> </tr> </table> <p style="font-size: small;">*from November 23)</p>	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	<b><u>Salad bar</u></b> <table border="0" style="width: 100%;"> <tr> <td style="width: 40%;">Salad box</td> <td style="width: 10%; text-align: right;">£1.05</td> <td style="width: 50%;"></td> </tr> <tr> <td>Tuna</td> <td style="text-align: right;">£1.05</td> <td style="text-align: right;">Fish/milk/egg</td> </tr> <tr> <td>Eggs (x2)</td> <td style="text-align: right;">£1.05</td> <td style="text-align: right;">Egg</td> </tr> <tr> <td>Ham</td> <td style="text-align: right;">£1.05</td> <td style="text-align: right;">Sulphates</td> </tr> <tr> <td>Cheese pot</td> <td style="text-align: right;">£1.05</td> <td style="text-align: right;">Milk</td> </tr> </table> <b><u>Drinks</u></b> <table border="0" style="width: 100%;"> <tr> <td style="width: 40%;">Water</td> <td style="width: 10%; text-align: right;">£0.50</td> <td style="width: 50%;"></td> </tr> <tr> <td>Milk carton</td> <td style="text-align: right;">£0.65</td> <td style="text-align: right;">Milk</td> </tr> <tr> <td>Various flavours</td> <td></td> <td></td> </tr> <tr> <td>Radnor fizz</td> <td style="text-align: right;">£0.70</td> <td></td> </tr> <tr> <td>Radnor splash</td> <td style="text-align: right;">£0.50</td> <td></td> </tr> </table>	Salad box	£1.05		Tuna	£1.05	Fish/milk/egg	Eggs (x2)	£1.05	Egg	Ham	£1.05	Sulphates	Cheese pot	£1.05	Milk	Water	£0.50		Milk carton	£0.65	Milk	Various flavours			Radnor fizz	£0.70		Radnor splash	£0.50		<b><u>Snacks</u></b> <table border="0" style="width: 100%;"> <tr> <td style="width: 40%;">Granola pot</td> <td style="width: 10%; text-align: right;">£1.05</td> <td style="width: 50%; text-align: right;">Wheat//gluten/milk</td> </tr> <tr> <td>Yoghurt</td> <td style="text-align: right;">£1.00</td> <td style="text-align: right;">Milk</td> </tr> <tr> <td>Fruit pot</td> <td style="text-align: right;">£1.50</td> <td></td> </tr> <tr> <td>Yum Yum</td> <td style="text-align: right;">£0.85</td> <td style="text-align: right;">Wheat/milk</td> </tr> <tr> <td>Doughnut</td> <td style="text-align: right;">£0.70</td> <td style="text-align: right;">Wheat</td> </tr> <tr> <td>Popcorn</td> <td style="text-align: right;">£1.00</td> <td></td> </tr> <tr> <td>Proper Chips</td> <td style="text-align: right;">£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	
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																																																																														
Salad box	£1.05																																																																															
Tuna	£1.05	Fish/milk/egg																																																																														
Eggs (x2)	£1.05	Egg																																																																														
Ham	£1.05	Sulphates																																																																														
Cheese pot	£1.05	Milk																																																																														
Water	£0.50																																																																															
Milk carton	£0.65	Milk																																																																														
Various flavours																																																																																
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																																																																															







## 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
<b>Drinks</b>		
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
<b>Drinks</b>		
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
----------------------------	-------	--------

### 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
<b>Drinks</b>		
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	



## 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 Josh and Oreoluwa of 10T. Mr Thomson is proud of your general hard work and the commitment you put into this challenge. Congratulations!

Mr Asamoah

Teacher of maths and Numeracy Coordinator

A display of work done by Josh and Ore below in respective order

### Topic: Formulae-changing the subject

1.	Make $M$ the subject of the formula $T = 9M + 5$ $\frac{T-5}{9} = M$ $M = \frac{T-5}{9}$			
	$9M = T - 5$	$M = \frac{T-5}{9}$	$M = T - 14$	$M = 9T + 5$
2.	Make $q$ the subject of the formula $q = h + 6W$ $h = 6W + q$ $-q = 6W - h$ $q = h - 6W$			
	$q = \frac{h}{6W}$	$q = h - 6W$	$-q = 6W - h$	$q = 6W - h$
3.	Make $Y$ the subject of the formula $Y = \sqrt{T - E}$ $Y^2 = T - E$ $Y = \sqrt{T - E}$			
	$Y = \pm \sqrt{\frac{E}{T}}$	$Y = \frac{E}{\sqrt{T}}$	$Y = \sqrt{\frac{E}{T}}$	$Y = \frac{E}{2T}$
4.	Make $x$ the subject of the formula $R \cdot x = \sqrt{R^2 - 5}$ $x = \frac{\sqrt{R^2 - 5}}{R}$			
	$x = R^2 - 25$	$x = R^2 - 5$	$x = 2R - 5$	$R^2 = x + 5$
5.	The area of a trapezium is given by $A = \frac{1}{2}(a + b)h$ Rearrange the formula to make $a$ the subject. $a = \frac{2A}{h} - b$			
	$a = \frac{2A}{h} - b$	$a = \frac{2A - b}{h}$	$a = \frac{1A}{h} - b$	$a = \frac{2A}{h} + b$

#RAG123 Reason for rating:

Multiple choice quiz

/5

### Topic: Formulae-changing the subject

1.	Make $M$ the subject of the formula $T = 9M + 5$ $M = \frac{T-5}{9}$			
	$9M = T - 5$	$M = \frac{T-5}{9}$	$M = T - 14$	$M = 9T + 5$
2.	Make $q$ the subject of the formula $h = 6W + q$ $q = h - 6W$			
	$q = \frac{h}{6W}$	$q = h - 6W$	$-q = 6W - h$	$q = 6W - h$
3.	Make $Y$ the subject of the formula $e = TY^2$ $Y = \sqrt{\frac{e}{T}}$			
	$Y = \pm \sqrt{\frac{e}{T}}$	$Y^2 = \frac{e}{T}$	$Y = \sqrt{\frac{e}{T}}$	$Y = \frac{e}{2T}$
4.	Make $x$ the subject of the formula $R = \sqrt{x + 5}$ $x = R^2 - 5$			
	$x = R^2 - 25$	$x = R^2 - 5$	$x = 2R - 5$	$R^2 = x + 5$
5.	The area of a trapezium is given by $A = \frac{1}{2}(a + b)h$ Rearrange the formula to make $a$ the subject. $a = \frac{2A}{h} - b$			
	$a = \frac{2A}{h} - b$	$a = \frac{2A - b}{h}$	$a = \frac{1A}{h} - b$	$a = \frac{2A}{h} + b$

#RAG123 Reason for rating:

Multiple choice quiz

/5

3/5

### Maths Riddle

Had enough jokes? Try solving this riddle.

Imagine you are the driver of a bus on the number 68 route.

You begin your journey with 20 passengers. At the first bus stop 11 more get on. At the next stop 7 more get on. At the next stop 8 get on and 3 get off. At the next stop 4 get on and 9 get off. At the next stop 2 get on and 15 get off.

What is the bus driver's first name?

Leader board as of Thursday afternoon 12<sup>th</sup> October 2023

<b><u>Leaderboard</u></b>			
<b>7S</b>	<b>1318</b>	<b>9S</b>	<b>1509</b>
<b>7T</b>	<b>1391</b>	<b>9T</b>	<b>1410</b>
<b>7B</b>	<b>1314</b>	<b>9B</b>	<b>1193</b>
<b>7E</b>	<b>1090</b>	<b>9E</b>	<b>1670</b>
<b>7N</b>	<b>1506</b>	<b>9N</b>	<b>1483</b>
<b>7D</b>	<b>1333</b>	<b>9D</b>	<b>1686</b>
<b>8S</b>	<b>1519</b>	<b>10S</b>	<b>720</b>
<b>8T</b>	<b>1555</b>	<b>10T</b>	<b>828</b>
<b>8B</b>	<b>816</b>	<b>10B</b>	<b>720</b>
<b>8E</b>	<b>1528</b>	<b>10E</b>	<b>801</b>
<b>8N</b>	<b>1122</b>	<b>10N</b>	<b>689</b>
<b>8D</b>	<b>1603</b>	<b>10D</b>	<b>854</b>

## Half Term – Monday 23rd October - Friday 27th October

## Staff training day – Monday 30th October

## Week Commencing Tuesday 31st October – 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.*

## Hedingham & Chambers Fare increase from 30th October

Like many other commercial businesses, Hedingham & Chambers are having to increase their prices from Monday 30th October 2023 because of rising costs.

Until 31st December 2023 they will continue to participate in the government's £2 single ticket cap scheme, however, this does not apply to services which operate on schooldays-only. Hedingham & Chambers hope to participate in the scheme in 2024 but are awaiting funding allocation.

These amendments will mean:

- On-bus weekly tickets will increase
- App tickets will increase and be in line with on-bus tickets.
- Savings are still available on the App through 30 day/subscription tickets and carnet 'bundle' tickets.
- Schooldays-only routes 373, 751 and 756 have the £2 single cap applied.

Details and further information are available on the following page of our website: [Day, Weekly and 30 day tickets to increase - Hedingham and Chambers](#)



## Catch up vaccine clinics



Essex Partnership University  
NHS Foundation Trust

# FLU VACCINE CATCH UP CLINICS

**Has your child missed their school vaccinations?**

**We are running catch up clinics in north east Essex for flu.**

**Your nearest catch up clinics this winter:**


- **Clacton**  
14 & 23 October & 18 November
- **Colchester:**  
24 October, 4 November & 16 December
- **Harwich:**  
25 October & 2 January

**It's easy to catch up.  
Book your nearest clinic NOW  
on 0300 790 0597 or for  
more information on  
missed vaccinations.**

**#DOYOURBITESSEX**



## NSPCC Book fair



EVERY CHILDHOOD IS WORTH FIGHTING FOR

# BOOK FAIR




## 28 & 29 October



### 9am - 3pm

## THE STANWAY SCHOOL

Winstree Rd, Colchester CO3 0QA

[www.nspcc-bookfair.org.uk](http://www.nspcc-bookfair.org.uk)





BOYDENS

*Built on service and trust*

NSPCC Book Fair

NSPCC Reg Charity Nos. 216401, SCO37717, Jersey 384

## Light Party



**OCT 31ST**

PRIMARY AGE	5:00PM - 6:30PM
SECONDARY/COLLEGE	7:00PM - 8:30PM

# LIGHT PARTY

**SILENT DISCO // SWEETS // TREATS  
GAMES // PRIZES**

A safer, and LIGHT, alternative for your family. Join us  
for a great time of music, dancing, games, sweets,  
and more!

**Tickets**



**ONLY £5**

Kingsland Church  
86 London Road CO3 9DW  
[shaun@kingsland.org.uk](mailto:shaun@kingsland.org.uk)  
01206 508948

**HOSTED AT: KINGSLAND CHURCH**