



St Benedict's Catholic College Newsletter Issue 8 - 3rd November 2023

Message from the Vice Principal

Dear parents, carers, students and friends

Earlier this week students had the opportunity to fill our chapel with light by leaving candles around the altar. On All Souls' Day, we prayed for all those who have gone before us and we were pleased to welcome Fr Gordon to celebrate mass at lunchtime on this holy day of obligation- many students and staff appreciated this opportunity.

Thank you to all parents and carers who supported this week's GCSE information evening which provided helpful study advice and resources to our students ahead of not only their upcoming mocks but their GCSE exams next summer. My thanks to Mr Cretu and all our staff who helped organise and run this event. If you were unable to attend, all of these essential resources are available via our website.

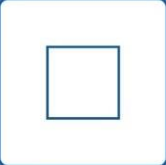
Wishing you all a safe and restful weekend.

Mr J D Callaghan

Vice Principal

Chaplaincy

Friday 3rd November 2023
THIRTIETH WEEK OF ORDINARY TIME

 *"The greatest among you must be your servant" - Matthew 23:12*

Think about Christ's message here and how you can be a servant to others today.

Loving God, help me to see the world through your eyes. Help me to serve those around me, to be humble, to be kind and to always act with love. Let me give freely of myself with no expectation of reward or recognition. Give me the strength to serve with love. Amen.

Year 11 GCSE Support

On Wednesday 1st November 2023, we hosted our annual year 11 GCSE revision and support evening. During the evening key staff provided the most up to date information about the year 11 learning journey, useful tips and advice for you on how to effectively support your child with their GCSE preparation at home and last-minute strategies for our students to ensure they "Level up and ace their mocks!".

We would like to thank everyone who attended the event, and all parents and carers for your ongoing support in ensuring your child fully understands the importance of the coming months and applies their full attention to examination preparation both in college and at home. The following [link](#) will take you to the year 11 GCSE support page where you can access all the resources shared.

Mr Cretu

Assistant Principal

Year 11 Revision Guides

Following the year 11 information evening on Wednesday, revision guides for English, French, Business Studies and Geography are available to buy via ParentPay. The deadline for these purchases is next Friday, 10th November. If you will have difficulty purchasing these items at this time, please contact Mrs Hallows by Wednesday 8th November and we will endeavour to assist.

Book of the Week



1 - [*Good for Nothing by Mariam Ansar*](#)

Good for Nothing by Mariam Ansar

When three teens are given a community service order after an incident involving a spray can and an inconveniently timed patrol car, their stories start to converge. Amir is the angry boy who won't talk about the brother he lost. Eman is the awkward girl whose favourite evenings are spent at home watching TV with her Nani. Kemi is the determined athlete who knows she deserves as good a shot as anyone else, if only she can get to the starting line. As they become closer, they discover some unexpected truths about themselves, each other and the death of Amir's beloved older brother...

Now available in our school library.

Get it before it's gone.

Mrs Sullivan

Reader Leader

Star Reading and Accelerated Reader

You may have overheard your child talking about Star Tests and Accelerated Reader – here's a short overview....

What is Star Reading?

Star Reading is an online assessment used to determine a child's English reading level. It is a computer-based reading assessment programme that uses computer-adaptive technology to allow questions to continually adjust to each child's responses. If the response is correct, the difficulty level is increased. If they cannot answer a question, or answer incorrectly, the difficulty level is reduced. The test uses multiple-choice questions and takes approximately 20-30 minutes.

All students in year 7 and 8 (and some selected year 9 students) are in the process of taking these tests. Students will sit these tests once per term.

Accelerated Reader (AR)

AR is a computer programme that helps teachers manage and monitor a student's independent reading practice.

Students pick a book that falls within their ZPD level and then when they have finished reading, they take a short quiz on the computer. Passing the quiz is an indication that the child has understood what they have read.

If they are reading at the recommended level for them, then most students are likely to be successful and enjoy the books and quizzes.

Best of all they learn and grow at their own pace and quizzes can be taken in college or at home.

What is a ZPD (Zone of Proximal Development)?

A ZPD is the range of books that will challenge a student without causing frustration or loss of motivation. Each child will receive a ZPD, or reading range, after taking a Star Reading test. It is important for students to read with a high degree of comprehension and within their ZPD.

Taking an AR Book quiz from home

- Go to the college website and select the Students tab.
<https://www.stbenedicts.essex.sch.uk/students/>
- Select Accelerated Reader from the dropdown menu. <https://global-zone61.renaissance-go.com/welcomeportal/1892731>
- Log in as you would do in college.
- Choose the orange Accelerated Reader tab.
- Enter your book choice.

- Select take quiz.

Please note – students should not take Star Tests at home

Mrs Sullivan

Reader Leader



Godspell

St Benedict's Catholic College is very excited to be presenting the musical Godspell in February 2024.

Our progress so far...

- The performance is open to all students from years 7 to 10 and to year 11 students studying GCSE music or drama.
- If students wish to audition for a principal role, with potentially some solo singing and acting in a smaller group, auditions were held on Wednesday 1st November from 3.30 pm to 5.00 pm.
- Students can still audition for the advanced dance/acro troupe which will be held next Wednesday 8th November from 3.30 pm to 4.45 pm. We encourage these students to bring suitable dance attire.
- If students would like to be in the chorus we are **not** holding formal auditions. We ask for them to be available to rehearse on Mondays and Wednesdays after college from 3.30 pm to 4.45 pm during term time
- The first full rehearsal for all roles will be on Monday 13th November at 3.30 pm to 4.45 pm.

We encourage students to be part of this amazing, award winning production and get back into the confidence boosting swing of live performance!

Mrs Davies

Teacher of Drama



Careers & Guidance

Anglian Water have recently launched its [Digital Technology and Solutions Degree Apprenticeship](#)

They are hosting webinars on Monday 6th November, and they are inviting our students to join to find out more.

The webinar will cover what to expect on the Degree Apprenticeship, working at Anglian Water, and hear from their current apprentices about their experiences on the apprenticeship.

The sessions will take place via Microsoft Teams, at 12.00 pm and 6.00 pm, and we encourage all students, particularly those interested Digital & Technology, to join!

12.00 pm session link: [Click here to join the meeting](#)

6.00 pm session link: [Click here to join the meeting](#)

Mr Cretu



Assistant Principal



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	

Year 11 Netball Team

The year 11 lightning team are off to a good start by winning their second match in the league against The Stanway School. A very close game with some fantastic skills shown by both sides, but once St Benedict's took the lead, they never looked back and won the game with a final score of 19-15. Player of the match went to Lexi. Well done girls!

Mrs Mussett

Teacher of PE

Communications sent out this week

Virtual parents evening - Year 7

Art and Textiles trip - Year 11

Sparx Reader - Year 9 & 10

English GCSE Revision Guides - Year 10

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, mash & beans	£2.35	Soya/sulphates/wheat/milk
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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

Grab and Go

Cauliflower cheese tuk tuk

£1.05

Gluten/milk

Mozzarella & tomato panini

£1.65

Wheat/gluten/milk

Cheese & tomato pizza

£1.25

Wheat/gluten/milk

Fishwich burger

£1.75

Wheat/gluten/fish

Macaroni bites & salad

£1.25

Wheat/gluten

Nachos & salsa

£0.65

Wheat/gluten

Nachos & guacamole

£1.00

Wheat/gluten

Chips

£1.00

Selection of sub rolls

£1.65

Allergens detailed
on product

Various small filled rolls

£0.75

Allergens detailed
on product

Soup and bread roll*

£1.50

Wheat/gluten

Tomato or Sweet potato &
butternut (*from November 23)

Salad bar

Salad box

£1.05

Tuna

£1.05

Fish/milk/
egg

Eggs (x2)

£1.05

Egg

Ham

£1.05

Sulphates

Cheese pot

£1.05

Milk

Drinks

Water

£0.50

Milk carton

£0.65

Milk

Various flavours

Radnor fizz

£0.70

Radnor splash £0.50

Snacks

Granola pot

£1.05

Wheat/
gluten/milk

Yoghurt

£1.00

Milk

Fruit pot

£1.50

Yum Yum

£0.85

Wheat/milk

Doughnut

£0.70

Wheat

Popcorn

£1.00

Proper Chips £1.00

Instagram Highlights





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

Numeracy Challenge

Welcome back!

Thank you for your hard work this week. Winners of autumn term 1 competition are as follows.
Prizes will be delivered to you.

7N with 1506 points

8D with 1603 points

9D with 1685 points

10D with 854 points

The Grandmasters Challenge carries on from last term. This week's 3 respect points go to Kimorah and Emmanuel of 9S. Congratulations!

Mr Asamoah

Teacher of maths and Numeracy Coordinator

A display of work done by Kimorah and Emmanuel below in respective order.

WEEK 31 SESSION 2 – Answer as many questions as you can in 5 mins

Q	Question	Answer
1	$5 = 4 + \square$	1 ✓
2	$\square + 75 = 100$	25 ✓
3	What is half of 3?	1.5 ✓
4	$30 - 10 = \square$	20 ✓
5	$6 + \square = 10$	4 ✓
6	$125 = 10 + \square$	115 ✓
7	$2388 - 2381 = \square$	7 ✓
8	$4 \times 8 = 32$, so $32 \div 4 = \square$	8 ✓
9	What is 14:16 in 12 hour clock format?	02:10 ✓
10	01:36 is how many minutes after 01:03?	33 ✓
Total out of 10		10

Q	Question	Answer
1	$14 \div \square = 7$	2 ✓
2	$\square \div 8 = 6$	48 ✓
3	$\square \div 9 = 2$	18 ✓
4	$16 \div 8 = \square$	2 ✓
5	$24 \div 3 = \square$	8 ✓
6	$\square \div 10 = 4$	40 ✓
7	$\square \div 8 = 4$	32 ✓
8	$\square \div 3 = 5$	15 ✓
9	$16 \div \square = 4$	4 ✓
10	$24 \div \square = 6$	4 ✓
Total out of 10		10

Q	Question	Answer
1	$61 \div 29 = \square$	2 ✓
2	$1915 - 987$	928 ✓
3	2.13×0.6	1.278 ✓
4	$10/100 = \square \%$	10 ✓
5	$7 \times (-8)$	-56 ✓
6	Round 4.3942 to 1 decimal place	4.4 ✓
7	$3 \div (-6)$	-0.5 ✓
8	Round 3.92 to 1 s.f.	4 ✓
9	What is the letter at (2,-1)?	U ✓
10	What is 1/6 of 30?	5 ✓
Total out of 10		10

WEEK 31 SESSION 2 – Answer as many questions as you can in 5 mins

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10	What is 1/6 of 30?	5 ✓
Total out of 10		10

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

MENTAL STRATEGIES: 10

TIMESTABLES: 10

KEY SKILLS: 10

+

MY **MINIJO** BELT: **black**

MINIJO SCORE: **30**

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

MENTAL STRATEGIES: 10

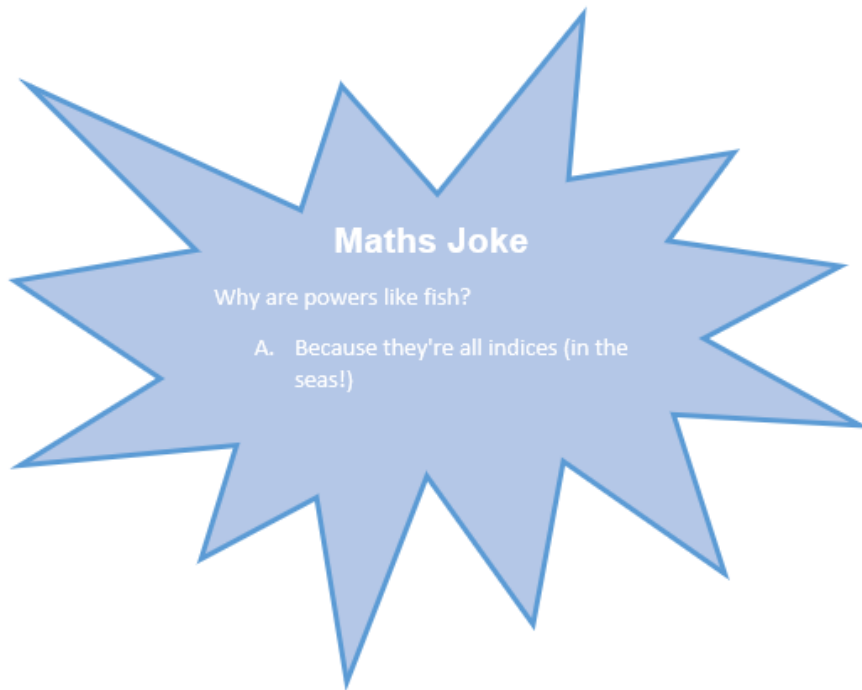
TIMESTABLES: 10

KEY SKILLS: 10

+

MY **MINIJO** BELT: **Black**

MINIJO SCORE: **30**



Week Commencing 6th November 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.