



St Benedict's Catholic College

Newsletter Issue 9 - 10th November

2023

Message from the Principal

Dear parents, carers, students and friends

Nothing fills me with greater pride and optimism than listening to our young people talking about their hopes and aspirations. In assemblies this week, 7 exceptional students gave their student leadership speeches in the Manning hall, which was packed with their peers. All were truly inspirational - extolling virtues such as kindness, humility and respect for others, exemplifying high standards of behaviour, study skills and communication. The vice principal, director of achievement & behaviour and I will carry out interviews in the next stage of the process to select the student leadership team. It's going to be a hard task as the standard is very high! Well done to all our prefects.

Our reception is graced with a beautiful remembrance wreath created by the talented members of Art club. Tomorrow is Armistice day, which will be marked with the Two Minute Silence at 11am. In the lead-up to this solemn day of reflection we have been encouraging our community to wear their poppies with pride. My thanks to Gareth and Jonny in year 11 who have been selling poppies in support of the royal British legion at breaks and lunchtimes this week. Please join me in praying for all those who serve our country in the armed forces and other uniformed services, as well as all those who gave their lives in wars and conflicts.

They shall grow not old, as we that are left grow old:

Age shall not weary them, nor the years condemn.

At the going down of the sun and in the morning We will remember them.

Mrs J E Santinelli

Principal



Chaplaincy

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." - 1 Thessalonians 5:16-18

We continue to update our prayer intentions board on our virtual [Prayer Board](#). If you would like to submit a prayer intention to be added, please complete the [Prayer intentions form](#). As a community, may we pray with each other and for each other.

The applications for Summer Lourdes 2024 are now open on the BCYS website. To find out more information or to apply for a place, please go to [BCYS Summer Lourdes 2024 - Brentwood Catholic Youth Service](#). If you'd like any help or to hear about ways to help fund this pilgrimage, please email t.fusi@stbenedicts.essex.sch.uk

Mr Fusi

Lay Chaplain

Friday 10th November 2023

FEAST OF SAINT LEO THE GREAT

Saint Leo was elected Pope in 440AD and is now known as one of the greatest Popes in the history of the Church. Pope Leo was best known for his intelligence, persuasive nature and love for the Lord.

Dear Lord, we thank You for giving us Pope St. Leo the Great as an example of holiness. Help us to imitate the love he showed in his daily work.

We ask St Leo to pray for us, that we may always be open to doing God's will in our lives. Amen



Bookbuzz Book Delivery!

Earlier on this term all our year 7 and 8 students were given the opportunity to order a book from this year's 'Bookbuzz' selection. The 16 titles on offer have been specially selected by a panel of experts and they certainly gave our students lots of tough decisions in terms of what to pick. Students began being gifted their books on Thursday this week. Any student who has not yet received theirs should do so early next week.

Mrs Bishop

Head of Communications Faculty







Music Lessons

If you are interested in your child taking music lessons from January 2024, please register your interest with Essex Music Services by completing [this form](#) by Monday 20th November. Lessons are available in the following instruments; piano, drum, guitar, saxophone, clarinet, brass, flute, violin and singing. Lessons take place during the college day.

[Financial assistance](#) and low cost [instrument hire](#) is available. The full cost of 10 lessons for the autumn term is:

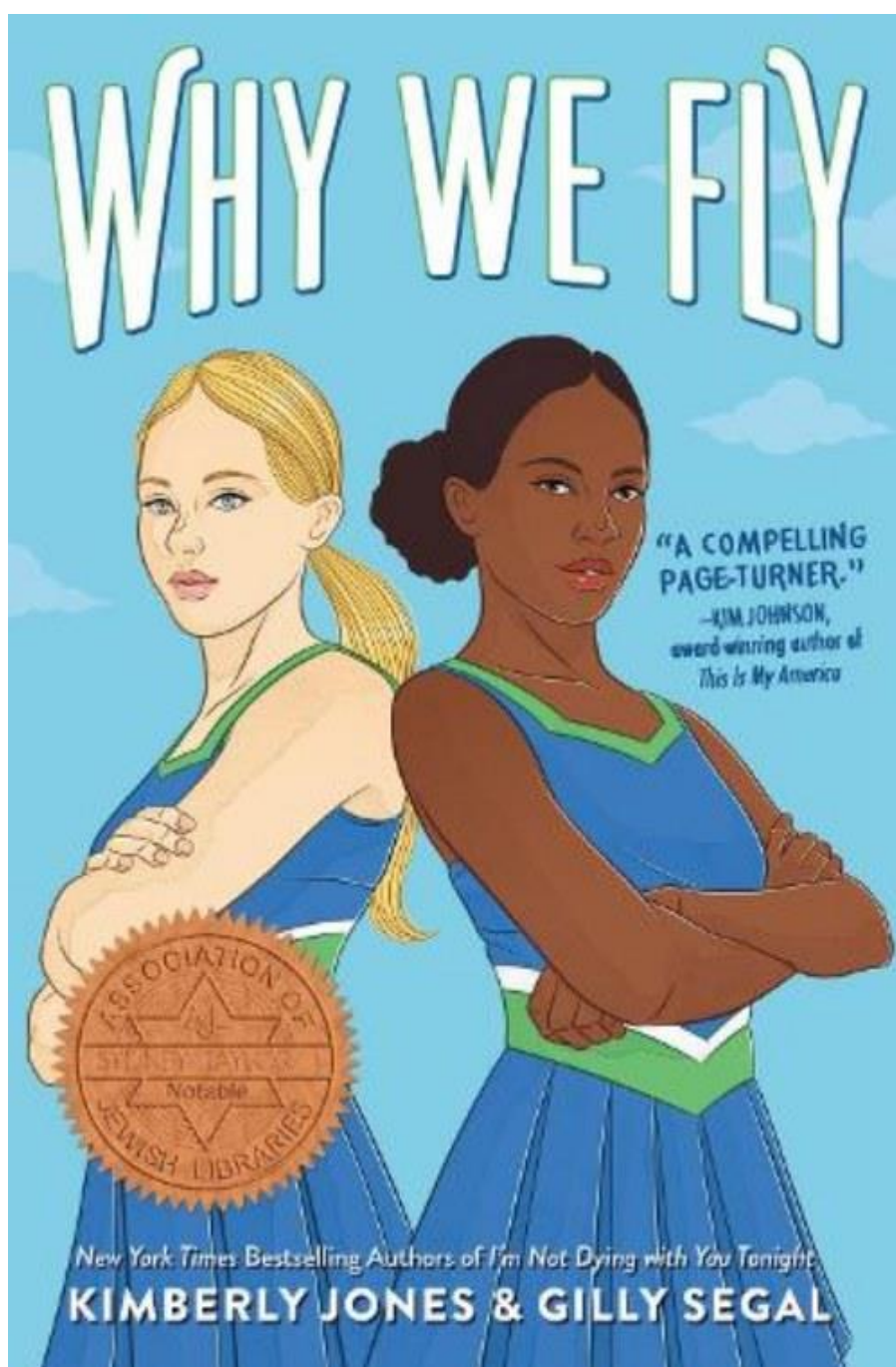
15 minutes x 10 lessons - £85.50

30 minutes x 10 lessons - £171

Alternatively for further information, please email music@stbenedicts.essex.sch.uk



Book of the Week



1 - [Why We Fly By Gilly Segal](#)

Why We Fly By Gilly Segal (13+)

This is a story about friendship, privilege, sports and protest.

Cheerleaders and lifelong best friends Eleanor and Chanel have a lot on their minds as they make a rocky start to their senior year. Eleanor is still in physical therapy months after a serious concussion from a failed cheer stunt. Chanel starts making questionable decisions to deal with the mounting pressure of college applications. However, they have each other's backs as they always have until

Eleanor's new relationship with a star quarterback starts a rift between them. Can the girls rely on the friendship they've always shared?

This is available in the college library.

Mrs Sullivan

Reader Leader

Christmas Card Competition



CHRISTMAS CARD COMPETITION 2023



- DESIGN BRIEF
 - A4 paper
 - Portrait or landscape
 - Full colour
 - 1cm away from the edge
 - Traditional - not 'too modern'
 - Must include:

"THE TRUE LIGHT, WHICH GIVES LIGHT TO
EVERYONE, WAS COMING INTO THE WORLD." -
JOHN 1:9



- Closing date - 1st
December
- Hand in to Mrs Stewart-Thomas
- Put your name on the back please

Communications sent out this week

[Science Fair](#) - Year 8

[Christmas lunch](#) - All years

Brilliant club - Select year 9 and 10 students

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
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. I am happy to see how competitive the scores are looking. Well done to 9B and 9D who have encouraged each member of their form to try their best to get a black belt. Your effort has not gone unnoticed. This week's 3 respect points go to Jo and Sophie of 8S. Congratulations!

Mr Asamoah

Teacher of maths and Numeracy Coordinator

A display of work done by Jo and Sophie below in respective order.

WEEK 32 SESSION 1 - Answer as many questions as you can in 5 mins

MENTAL STRATEGIES - do these in your head

Q	Question	Answer
1	$10 \div \square + 2$	8
2	Double 1	2
3	Half 39	19.5
4	$51 + 30 \div \square$	81
5	$44 + 47 \div \square$	91
6	$6 \div 4 \div \square$	2.1
7	$12 + 13 = 12 + 8 + \square$	5
8	$47 - 9 = 47 - 7 - \square$	2
9	$9 \times 383 \div \square$	372
10	$48 + 61 = 48 + 60 + \square$	1
Total out of 10		10

TIMESTABLES - do these in your head

Q	Question	Answer
1	$8 \times \square = 32$	4
2	$\square \div 10 = 5$	50
3	$8 \times 5 \div \square$	40
4	$3 \times 7 \div \square$	21
5	$18 \div \square = 3$	6
6	$\square \times 7 = 56$	8
7	$3 \times \square = 24$	8
8	$20 \div 5 \div \square$	4
9	$42 \div 7 \div \square$	6
10	$8 \times 9 \div \square$	72
Total out of 10		10

KEY SKILLS - you may use written calculations for these questions

Q	Question	Answer
1	$344 \div 4 \div \square$	86
2	$8 \div 2 \div 1$	18
3	$765.28 \div 8$	95.66
4	$7.83 \div 88.91$	0.088
5	$(-36) \div (-4)$	9
6	If $a = 3$, $b = 7$ and $c = 4$, what is the value of $2ab \div c$?	38
7	$6 \div (-2)$	9
8	Is 7 a factor of 247?	No
9	What is the positive value of 217 ?	1
10	What is 150% of £290?	£435
Total out of 10		10

WEEK 32 SESSION 1 - Answer as many questions as you can in 5 mins

MENTAL STRATEGIES - do these in your head

Q	Question	Answer
1	$10 \div \square + 2$	8
2	Double 1	2
3	Half 39	19.5
4	$51 + 30 \div \square$	81
5	$44 + 47 \div \square$	91
6	$6 \div 4 \div \square$	2.1
7	$12 + 13 = 12 + 8 + \square$	5
8	$47 - 9 = 47 - 7 - \square$	2
9	$9 \times 383 \div \square$	372
10	$48 + 61 = 48 + 60 + \square$	1
Total out of 10		10

TIMESTABLES - do these in your head

Q	Question	Answer
1	$8 \times \square = 32$	4
2	$\square \div 10 = 5$	50
3	$8 \times 5 \div \square$	40
4	$3 \times 7 \div \square$	21
5	$18 \div \square = 3$	6
6	$\square \times 7 = 56$	8
7	$3 \times \square = 24$	8
8	$20 \div 5 \div \square$	4
9	$42 \div 7 \div \square$	6
10	$8 \times 9 \div \square$	72
Total out of 10		10

KEY SKILLS - you may use written calculations for these questions

Q	Question	Answer
1	$344 \div 4 \div \square$	86
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7	$6 \div (-2)$	9
8	Is 7 a factor of 247?	No
9	What is the positive value of 217 ?	1
10	What is 150% of £290?	£435
Total out of 10		10

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

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

MY **NINJA** BELT: Black
NINJA SCORE: 30

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

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

MY **NINJA** BELT: Black
NINJA SCORE: 30

Full Leader board as of Thursday morning 9th November 2023 will be shared shortly. At the moment 7D,8T,9D and 10T are our Front runners

Leaderboard

7S	405	9S	379
7T	176	9T	234
7B	227	9B	256
7E	396	9E	462
7N	461	9N	435
7D	471	9D	503
8S	428	10S	110
8T	240	10T	132
8B	397	10B	213
8E	198	10E	244
8N	231	10N	225
8D	464	10D	253



Maths Joke

Dog with a bad foot.

Q. Why is a dog with a bad foot like adding 6 and 7? A. Because he puts down three and carries the one

Week Commencing Monday 13th November 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.

10ticks Mental Maths Competition

Win a share of £2000 for your school in the next two weeks!

The 10ticks Mental Maths competition is underway and there's still lots of space for your school on the leaderboard! [Click here to enter for free!](#) This competition is funded by our sponsor, Liontrust, allowing all UK state-funded schools to enter for free and compete to win a share of £2000.

The competition is taking place exclusively on [10ticks Mental Maths](#). Students receive individual logins to answer a variety of mental maths questions encompassing multiplication, division, addition, and subtraction. Our leaderboard showcases the number of questions top-performing schools have answered correctly, allowing you to gauge your school's proximity to the summit!

The competition is running for two weeks. It began on Monday 6th November at 9.00 am, and will finish on Monday 20th November at 11.59 pm, so there's plenty of time for your school to rise up the leaderboard.

