



London Marathon

This Sunday, we are running the London Marathon!

Since securing our charity places with CAFOD last July we have run over 1000km. Training through the winter was gruelling and took all our willpower but the sun is now shining and the end is in sight!

Team CAFOD this year is very small with just 17 runners. The London Marathon is their biggest fundraiser of the year, with an ambitious target of £50,000. So, every pound that we can raise truly counts.

If you would like to sponsor us our links are below:

<https://2024tcslondonmarathon.enthuse.com/pf/lyndsay-law/post/5371728>

<https://2024tcslondonmarathon.enthuse.com/pf/imogen-senior/post/4773711>

If you would like to track us on the TCS London Marathon 2024 app, our race numbers are 33747 and 29238.

Miss Law and Mrs Senior



International School Award

St Benedict's has been awarded International School (Foundation) status from the British Council! This is for all the work we have done in the last year to promote understanding of other cultures. This includes having the two French and Spanish language assistants in the school who helped the A level students with their speaking as well as group work with a number of other classes in the school. We also welcomed several groups of students from the local language school this year, including French, Italian and Thai. We also ran our annual Languages Day last September where we showcased the languages spoken by the students

and teachers in the school.

We are now looking at achieving the Intermediate award next year. Having a connection with and promoting cooperation with other countries and cultures is vitally important in the modern world.

Mrs M Dalby -
Head of MFL



Careers - Royal Airforce

On Thursday 18th April we welcomed back Sgt Darren Rivers (who had attended our Careers Fair in February) to deliver a Careers Talk on the [ap-prenticeships, roles and benefits](#) available within the [RAF](#).

We learned about the defence remit of the Royal Air Force and students (14yrs +) were briefed on their primary careers of interest: Pilot, Drone Pilot, Engineer, Weapons Technician and Regiment Gunner, alongside the comprehensive array of pathways and progression available. Sgt Rivers shared that he had begun life in the RAF as a Regiment Gunner and has since been funded by the RAF to complete GCSEs, A Levels and a host of vocational training courses; he has now been invited to study for a degree. He advised our students to commit to their studies now in order to achieve their goals.

Alongside the specialist training and high salaries on offer, Sgt Rivers highlighted the wealth of opportunities available to engage in adventure training e.g. skiing and parachuting, representing the Armed Forces in a variety of competitive sports at international level (and being paid for it!) and how the RAF goes above and beyond to care for the needs of their members and families. There is also a focus on skilling staff for their eventual exit from the RAF.

Sgt Rivers brought the talk to life with stories of his experiences on tour in the Middle East and the reality of life as a serving member of the Armed Forces. I believe our students left the Talk with a much better understanding of what it takes to succeed in an RAF career and how the world truly could be their oyster!

Miss Hahn



The Order of St John United Kingdom Award for Organ Donation Ceremony - Friday 12 April 2024

Civic Rooms, Pathfinder House, Huntingdon
(Huntingdonshire District Council HQ, Huntingdon)
The Order of St John award pin is a posthumous award for the donor, given on behalf of His Majesty The King, and often presented by a Lord Lieutenant.

Families attended this ceremony from as far and wide as Essex, Suffolk, Northamptonshire, Bedfordshire.

This engagement required a level of empathy and a level of courage that I've never witnessed before at any ceremonial duty as they shared in the grief of so many families as they spoke about their loved one who donated an organ.

So many of the families have said that this was a moment they will cherish for the rest of their lives and thanked the Cadets for their role in listening to the memories of their loved ones with such care and dignity.

With many thanks to:

District Cadet of the Year - Lucy Grossman of Ely

Deputy District Cadet of the Year - Roland Christopher of The Peterborough School

Chair & Vice-Chair of the District Youth Forum - Trinity Robinson (Royston) & Ellie Turtill (Cambridge Eastern)

High Sheriff's Cadet - Rhea Sehgal of Cambridge Eastern

stood alongside

- **Vice Lord Lieutenant of Cambridgeshire, Brigadier Tim Seal TD DL and various Deputy Lord Lieutenants**

- **High Sheriff of Cambridgeshire, Mr David Way**

- **Executive Leader of Huntingdonshire District Council**

- **Senior leadership from the NHS Blood and**

Transplant Service

- **County and Area Presidents from the St. John County Prior Group**



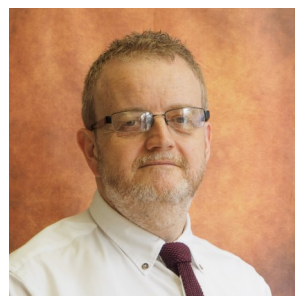
School Notice

To All Students, Parents & Carers,

All students should be in school by 08:50. We expect students to have their AM registration completed at 08:55. Arriving later than 08:55 is late to school. We will be focussing on punctuality to AM registration from the 26th Feb. Whilst we do understand that a delayed bus is out of a student's control and that sometimes the morning traffic can catch us all out, please can all students make a concerted effort to be punctual to school. Thank you in advance of your support with improving our students attention to punctuality.

New Starters

The art department are delighted to welcome Mrs Peasey, the new Art & Design teacher, to the team. Mrs Peasey has been teaching Art & Design in East Anglia for the last 15 years and specialises in painting and print making. When she's not drawing on her creative talents, Mrs Peasey enjoys volunteering at the West Suffolk Vineyard Church in Bury St Edmunds.



Mr Phillips has nearly 40 years' experience in the print industry working in commercial print and local government. In 2016 he moved to the education sector, working at East Bergholt High School, and more recently, at Sexton's Manor Primary School.

Adriana Siatka-Kasowska joins us as the Afternoon Receptionist and IT Assistant. Adriana has worked in the education sector before but in the catering team, she is looking forward to developing her role and learning new skills.



Exercise and Exam Nutrients

With The London Marathon taking place this weekend and exams around the corner our thoughts have turned towards what we can do to help our bodies through these demanding and stressful situations. Mrs Hamilton has recently returned to running and is trying out some different juice/smoothie recipes to see if they help. The recipe below is supposed to help boost blood production, a good thing for exercise and exams.

Ingredients

3 apples, 1 carrot, 1 inch of a cucumber, ¼ celery stick, ½ beetroot, ½ lemon, Medium avocado, 6 ice cubes

This recipe is made in a juicing machine and the avocado is added after the juicing.

Lucy Hutchings from year 13 was brave enough to taste the juice, I'll ask her how her revision went over the weekend on Monday.

Mrs Slater



Uniform Reminder

Please note the following information with regards to uniform expectations:

- School jumper with embroidered school logo, purchased from the school supplier
- School tie, purchased from the school supplier
- White collared shirt (not a polo shirt)
- Trousers - contemporary or classic fit black school trousers
- Shorts – Boys, from Summer term tailored black school shorts are allowed
- Skirts – Kelso tartan skirt, purchased from the school supplier
- Socks or tights must be plain and of a dark colour
- Shoes should be black and of a material that can be polished
- Green gingham dress for Summer term only

Reporting your child's absence

If your child is unwell or has an appointment e.g. dentist/ doctor could you please leave a message by 9.00am including the reason for the absence via:



Phone: 01284 753512 and Choose option 1:

And then choose option 1 for students in year 7-11

And option 2 for student in the sixth form



OR

Email: attendance@st-benedicts.suffolk.sch.uk

For information on what to do if your child has COVID-like symptoms please see the following link for NHS guidance:

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

If you do not telephone us, we will text you at home or at work. Please note the school operates a first-day response to absences.

If, in exceptional circumstances, you need to request permission for your child to be absent from school during term time, you should complete a **leave of absence application form (please see link below)**, at least three weeks in advance, stating the reason why the absence must be taken in term time.

<https://www.st-benedicts.suffolk.sch.uk/attachments/download.asp?file=74&type=pdf>

Thank you very much.