



St Benedict's
Catholic High
School

1971

THE CATHOLIC LIFE OF OUR SCHOOL

Through love of Christ, delight in Virtue



CONTENTS

Our Mission	2
The Catholic life of our School	3
Our Virtues	4
Prayer & Liturgy	8
Service	19
Contact	25



St Benedict's Catholic High School
1971

O U R M I S S I O N

At St Benedict's Catholic High School, we are a community of faith and learning rooted in Gospel teachings and inspired by the Charism of St Benedict. Our virtues and values are entrenched in the wisdom gifted to us through the Rule of St Benedict and these permeate every aspect of our school life. Through our love of Christ, we serve our community and through that service we create global citizens who strive not only for academic excellence, but for a fulfilled life guided by Christ and Virtue.

As such we recognise and emphasise the development of the whole person, encompassing their spiritual, intellectual, emotional, and physical well-being. Our approach aims to foster a deep and personal relationship with God while nurturing intellectual curiosity, emotional intelligence, and physical health. Through regular prayer, reflection, and engagement with Scripture, we encourage students to grow spiritually, developing their faith and understanding of Catholic teachings.



THE CATHOLIC LIFE OF OUR SCHOOL

"My question to you is this: What kind of person would you really like to be?" - Pope Benedict XVI

Our Catholic identity is why we exist. Catholic life at St. Benedict's is central to all we do. We believe that instilling a strong foundation of faith and values is as crucial as academic excellence.

Our commitment to Catholic life is rooted in the significance we place on prayer, liturgy, formation, acts of service, and the pursuit of virtue. Through these we aim to create an environment where students not only excel academically but develop a well rounded and generous character.

Our approach to education ensures that students are not only well-prepared academically but also equipped to be responsible and compassionate individuals.

OUR VIRTUES

Our love for Christ leads us to a life of virtue. We integrate our virtues into every aspect of learning at St. Benedict's Catholic High School. Our virtues have been thoughtfully chosen with the modern world in mind, while also drawing inspiration from our school's founding motto: *"Through knowledge to Truth and Beauty."* The purpose of our virtues is to gently steer our students toward a virtuous life and provide them with the opportunity to see the world through the eyes of Christ. We encourage them to pursue Truth and Beauty through the gift of knowledge.



Stewardship

"Regard all utensils as if they were the sacred vessels of the altar."

We teach our students to be stewards of their lives, caretakers of the planet, and their God-given gifts. Our students understand that they need to look after themselves, each other, our School and the wider world.

Humility

"Let him be humble."

Our students understand what it means to be humble. When our students are not behaving in a way that is expected of them, we encourage them to discern whether their actions were virtuous and allow them the opportunity to make better decisions in the future.

It takes great courage in admitting you are wrong, or are struggling to understand a certain topic. Our students understand that to be the best they can be, they must be humble and ask for help when they need it.

Forgiveness

"Listen with the ear of your heart."

As we grow, we make mistakes, regardless of whether they are big or small we all require forgiveness, and our students understand that being forgiven pushes us to be better people.

What can often be difficult is offering forgiveness to others. It requires strength and courage to forgive someone who has hurt you, but we try to see the best in everyone and forgive others.

Dignity

"No one is to pursue what is judged best for oneself, but in-stead, what is better for someone else."

At St. Benedict's we want our students to be the change we wish to see in the world. We respect each individual as a divinely made Child of God with the potential to be great.

Our value for the dignity of life drives us in our charitable works and our community engagement. Students enjoy helping and supporting others.

Diligence

"They live by the labour of their hands."

We want our students to understand the value of work, both academically and in the wider world. We want them to recognise each of us have a purpose in this life and that we are all on a journey that requires encouragement from one another.

Truthfulness

"Through this love, all will now begin to be observed without effort, as though naturally, for habit, out of love for Christ, good habit, and delight in virtue."

Our students understand the importance of honesty, not just honesty with others, but honesty with themselves. We teach our students to value an honest life, that truthfulness is a way of living.



PRAYER & LITURGY

At St. Benedict's our Prayer & Liturgy reflects our Christian character. The Bible underpins our worship. We are inclusive and welcome all.

Our aim is for our worship to be prayerful, respectful and relevant. It is an essential part of the school day. It takes various forms including, shared prayer, assemblies, music, song, reflection and Holy Mass.

We value student preparation and participation. The Liturgical year gives our Collective Worship its framework. The needs and events of our School, our community and the wider world make up its content.

Partnership with Parents and Guardians:

We recognise the vital role parents and Carers play in the education and formation of their children. We actively seek your involvement, support, and collaboration in your child's learning journey.

Collective worship provides an opportunity for parents and carers to engage with your child's spiritual development. We welcome Parents and carers to events in school that allow you to worship alongside your child. For example, masses, Carol Services and other services.

We would encourage shared worship at home, including through events such as praying the Rosary.

Sacraments

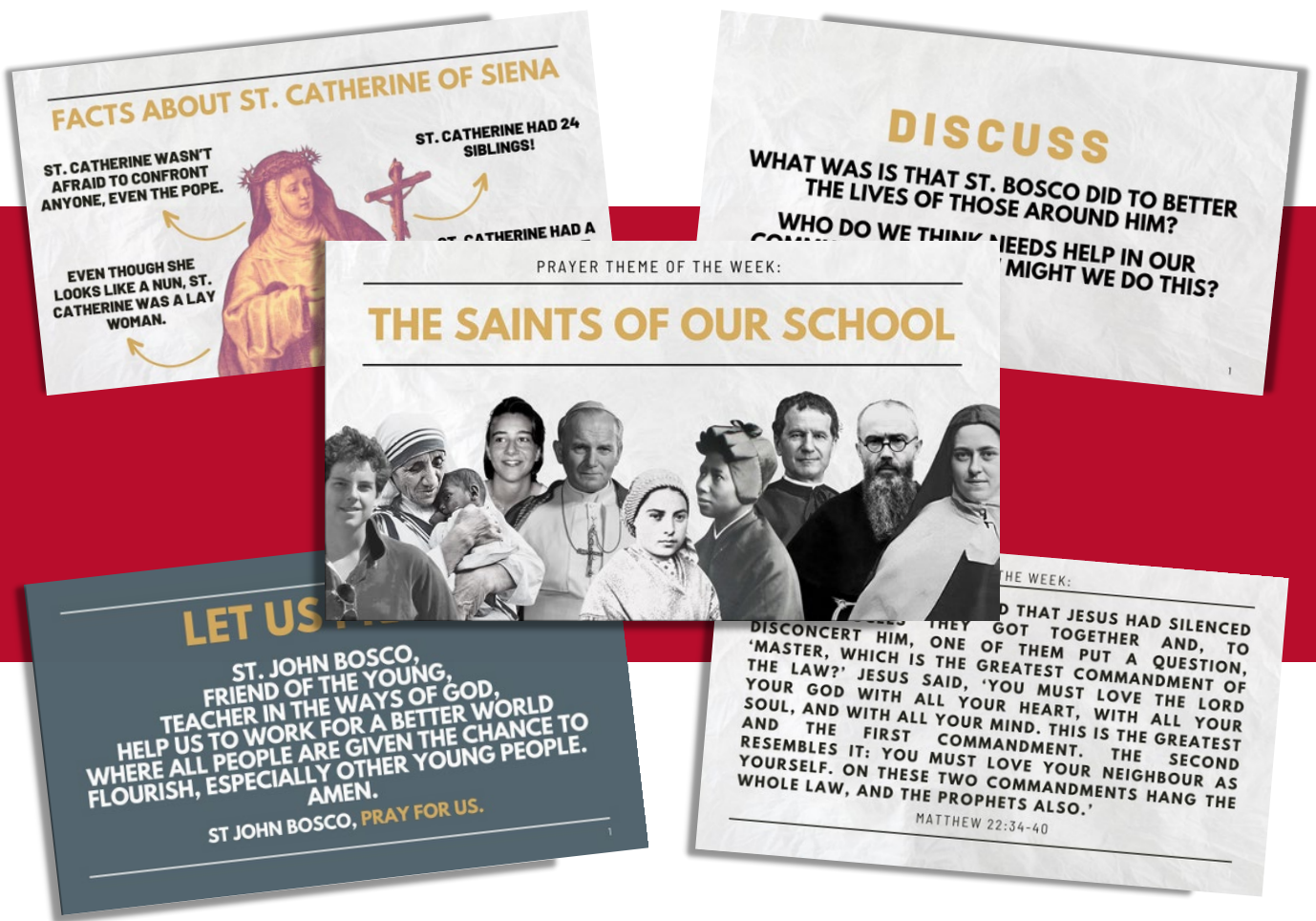
The celebration of the sacraments is a cornerstone of our school's Catholic life, profoundly enriching the spiritual journey of our students. At St. Benedict's, we hold the celebration of Holy Mass and the sacrament of Reconciliation in high regard. These sacraments provide a sacred opportunity for our students to deepen their relationship with God and their understanding of their faith.

We celebrate the sacrament of Reconciliation during the holy seasons of Advent and Lent, providing students with a chance for self-reflection, penance, and forgiveness as they prepare to welcome Christ into their lives during these significant times of the liturgical year.

Students are invited and encouraged to take part in the planning, preparation, and participation in the celebration of Sacraments in school.

Students are welcome to join the programme of confirmation during their time at St Benedict's.





Morning Prayer

Each morning our students take part in a daily act of prayer and worship during registration. The prayer resources cover a variety of themes shaped by our Sunday Gospels and the Liturgical calendar.

Students are guided through these resources by their Tutor and are invited to participate throughout. The prayer resources always include the following:

- Introduction to the Prayer theme
- Celebration of the Word
- Gospel/Theme links
- Discussion points
- Visual resources – videos/images
- Collective Prayer
- Silent intentional Prayer

Assemblies

Once a week our students attend their year group assembly. This is a time of collective prayer, reflection, and learning. The assemblies, like our morning prayer resources, are shaped by our Sunday Gospels and the Liturgical calendar. In addition, assemblies may cover secular topics that are relevant to the lives of our students. Our assemblies always include the following.

- Opening prayer
- Student-led Gospel reading
- Introduction to the assembly theme
- Celebration of the Word
- Gospel/Theme links
- Symbolism relevant to the theme
- Visual resources - videos/images
- Weekly Challenge
- Links to our School Virtues
- Closing prayer



Day of Prayer

Each year, we organise our annual day of prayer at school, during which our students engage in prayer of the Holy Rosary throughout the day.

Since our first day of prayer, where we sought an end to the Covid-19 pandemic, our school community has come together in prayer for various causes, including peace in Ukraine, support for individuals facing Mental Health challenges, and most recently, a resolution to the conflicts in the Holy Land.

Our day of prayer occurs annually in either October, the Month of the Holy Rosary, or May, the Month dedicated to our Blessed Mother, Mary.



The resources for our Day of Prayer are created with accessibility in mind, and have been formed in an engaging way.



School Chapel

Our school chapel serves as a sacred space for students to explore their faith, connect with their spirituality, and find peace amidst a busy school day.

We understand the importance of providing opportunities for prayer in our chapel, and it is open to students at various points and upon request. Whether it's a moment of quiet reflection, communal prayer, or participating in Mass, our chapel is a welcoming and peaceful environment for students to nurture their relationship with God.



Autumn Term

Week beginning	Liturgical Calendar & Theme	Benedictine virtue	Scripture	Notes	Leader
11/09/2023	23rd Sunday in Ordinary Time Theme: New Beginnings (Discipleship)	All Virtues	Matthew 18:15-20 <i>'If your brother listens to you, you have won back your brother'</i>	Education Sunday: 10/09 St Teresa of Calcutta: 05/09 St Hildegard of Bingen: 17/09	EJ/MH
18/09/2023	24th Sunday in Ordinary Time Theme: One Community in Christ (The Year Ahead)	Forgiveness	Matthew 18:21-35 <i>'To be forgiven, you must forgive'</i>	St Matthew Apostle: 21/09 Our Lady of Walsingham: 24/09	HOY
25/09/2023	25th Sunday in Ordinary Time Theme: Choices (Safeguarding)	Truthfulness	Matthew 20:1-16 <i>'Why be envious because I am generous?'</i>	St Vincent De Paul: 27/09 Feast of Archangels: 29/09 St Therese of Lisieux: 01/10	SK
02/10/2023	26th Sunday in Ordinary Time Theme: Care for others (Praise assembly – behaviour & attitudes)	Dignity	Matthew 21:28-32 <i>'Tax collectors and prostitutes are entering the kingdom of God before you'</i>	Our Lady of the Rosary: 07/10	LP
09/10/2023	27th Sunday in Ordinary Time Theme: Perseverance (Attendance)	Diligence	Matthew 21:33-43 <i>'The Kingdom of God will be taken from you and given to a people who will produce fruit'</i>	Blessed Carlo Acutis: 14/10	CR
16/10/2023	28th Sunday in Ordinary Time Theme: Respect for creation (Black History Month)	Forgiveness	Matthew 22:1-10 <i>'Invite everyone you can to the wedding'</i>	St John Paul: 22/10 Blessed Chiara Badano: 29/10	SK
Half Term: Monday 23rd October – Friday 27th October					
30/10/2023	30th Sunday in Ordinary Time Theme: The Saints of the Church (All Saints Day)	All Virtues	Matthew 22:34-40 <i>'The Commandment of Love'</i>	All Saints Day: 01/05 Year Group Mass to take place in Theatre on rotation. All Souls Day: 02/05	LM
06/11/2023	31st Sunday in Ordinary Time Theme: Remembrance (Remembrance Day)	Humility	Matthew 5:1-12 <i>'The Beatitudes'</i>	Remembrance Day: 11/11	SC
13/11/2023	32nd Sunday in Ordinary Time Theme: Anti-bullying	Stewardship	Matthew 25:1-13 <i>'The wise and foolish virgins'</i>	Geography Awareness Week: 14/11-20/11	LP
20/11/2023	33rd Sunday in Ordinary Time Theme: Gifts & Talents (Personal Development)	Diligence	Matthew 25:14-30 <i>'You have been faithful in small things: come and join in your master's happiness'</i>	Transgender Day of Remembrance: 20/11	KK
27/11/2023	Solemnity of Christ the King Theme: Advent – preparing/hope	Truthfulness	Matthew 25:31-46 <i>'I was naked, and you clothed me; sick and you visited me'</i>	Solemnity of Christ the King: 26/11	LM
04/12/2023	1st Sunday of Advent Theme: Advent – waiting/love	Stewardship	Mark 13:33-37 <i>'If he comes unexpectedly, he must not find you asleep'</i>	St Nicholas: 06/12 The immaculate Conception of the Blessed Virgin Mary: 08/12	EJ
11/12/2023	2nd Sunday of Advent Theme: Advent – Joy	All Virtues	Mark 1:1-8 <i>'A voice cries out in the wilderness: prepare a way for the Lord'</i>		HOY
End of Term: Tuesday 19th December					

Spring Term

Week beginning	Liturgical Calendar & Theme	Benedictine virtue	Scripture	Notes	Leader
03/01/2024	Epiphany Theme: A New Year (Welcome back)	All Virtues	Matthew 2:1-12 <i>'The visit of the Magi'</i>	Feast of Mary, mother of God: 01/01	EJ/MH
08/01/2024	Epiphany Theme: A New Year (Welcome back)	All Virtues	Matthew 2:1-12 <i>'The visit of the Magi'</i>	Solemnity of the Epiphany: 07/01	EJ
15/01/2024	2 nd Sunday in Ordinary Time Theme: HOY chosen theme	Stewardship	John 1:35-42 <i>'We have found the Messiah'</i>	Week of Prayer for Christian Unity 2024	HOY
22/01/2024	3 rd Sunday in Ordinary Time Theme: A call to kindness (Holocaust Memorial Week)	Humility	Mark 1:14-20 <i>'I will make you fishers of men.'</i>	St Thomas Aquinas: 28/01 Holocaust Memorial Week St Ephrem: 28/01	LM
29/01/2024	4 th Sunday in Ordinary Time Theme: Nurturing Hope: Embracing Mental Health in God's love (Mental Health)	Diligence	Mark 1:21-28 <i>'Unlike the scribes, he taught them with authority'</i>	St John Bosco: 31/01	SK
05/02/2024	5 th Sunday in Ordinary Time Theme: Guardians of Virtue: Safeguarding hearts and minds online (Online Safety)	Dignity	Mark 1:29-39 <i>'He cast out devils and cured many who were suffering from disease'</i>	St Josephine Bakhita: 08/02	CR
Half Term: 12th February – Friday 16th February					
19/02/2024	1 st Sunday of Lent Theme: Fortified in Virtue: Journeying through Lent (Lent Preparation)	All Virtues	Mark 1:12-15 <i>'Jesus was tempted by Satan, and the angels looked after him'</i>		LM
26/02/2024	2 nd Sunday of Lent Theme: Transfigured in Humility: Embracing God's Covenant (Transfiguration of the Lord)	Humility	Mark 9:2-10 <i>'This is my Son, the beloved'</i>		EJ
04/03/2024	3 rd Sunday of Lent Theme: Cleansing our Temples: Renewing Hearts for Lent (A Call back to God)	Diligence	John 2:13-25 <i>'Destroy this sanctuary and in three days I will raise it up'</i>		SB
11/03/2024	4 th Sunday of Lent Theme: From Darkness to Light: Embracing Forgiveness in Christ (Forgiveness)	Forgiveness	John 3:14-21 <i>'God sent his Son so that through him the world might be saved'</i>		LP
18/03/2024	5 th Sunday of Lent Theme: Lent – Embracing Truth (Library: Love of reading)	Truthfulness	John 12:20-33 <i>'If a grain of wheat falls on the ground and dies, it yields a rich harvest'</i>	Saint Joseph, husband of the Blessed Virgin Mary: 19/03	TB
25/03/2024	Palm Sunday Theme: Humbled in Triumph: Journeying with Christ in Holy Week (Achievement Assembly)	All Virtues	Mark 15:1-39 <i>'The Passion of our Lord Jesus Christ according to Mark'</i>	Achievement Assembly St Isidore of Seville: 04/04	HOY
End of Term: Thursday 28th March					

Summer Term

Week beginning	Liturgical Calendar & Theme	Benedictine virtue	Scripture	Notes	Leader
15/04/2024	3 rd Sunday of Easter Theme: Resurrection <u>(Welcome back)</u>	All Virtues	Luke 24:35-48 <i>'It is written that the Christ would suffer and on the third day rise from the dead.'</i>	St Bernadette: 16/04	EJ/MH
22/04/2024	4 th Sunday of Easter Theme: Unity in Humility: Embracing Diversity <u>(Difference & Diversity)</u>	Humility	Mark 3:20-35 <i>'A kingdom divided against itself cannot stand.'</i>		SS
29/04/2024	5 th Sunday of Easter Theme: Abide & Thrive: Nurturing High Aspirations <u>(High Aspirations CIEAG)</u>	Diligence	John 15:1-8 <i>'I am the vine, you are the branches.'</i>	St Catherine of Siena: 29/04	KK
06/05/2024	6 th Sunday of Easter Theme: Rooted in Humility: Cultivating Christ-like behaviour <u>(Anti-social behaviour)</u>	Humility	John 15:9-17 <i>'You are my friends if you do what I command you'</i>		LP
13/05/2024	7 th Sunday of Easter Theme: Unveiling Dignity <u>(Safeguarding)</u>	Dignity	John 17:11-19 <i>'Father, keep those you have given me true to your name.'</i>		SK
20/05/2024	Pentecost Theme: Ignited by Virtue: Embracing the Spirit of Pentecost	Stewardship	John 20:19-23 <i>'As the Father sent me, so am I sending you: receive the Holy Spirit'</i>	St Bede:25/05	LM
Half Term: Monday 27th May – Friday 31st May 2024					
03/06/2024	Corpus Christi Theme: Nourished by love: Celebrating Corpus Christi	All Virtues	Mark 14:12-16,22-26 <i>This is my body; this is my blood.'</i>	The Most Sacred Heart of Jesus: 07/6	EJ
10/06/2024	10 th Sunday in Ordinary Time Theme: Shepherds of creation: Embracing Stewardship <u>(Attendance)</u>	Stewardship	John 10:11-18 <i>The good shepherd is one who lays down his life for his sheep"</i>		CR
17/06/2024	11 th Sunday in Ordinary Time Theme: Seeds of Diligence <u>(Own Theme focused on Diligence)</u>	Diligence	Mark 4:26-34 <i>'The kingdom of God is a mustard seed growing into the biggest shrub of all'</i>		HOY
24/06/2024	12 th Sunday in Ordinary Time Theme: Navigating the storms of our minds <u>(Mental Health & Wellbeing)</u>	Dignity	Mark 4:35-41 <i>'Even the wind and the sea obey him'</i>		SK
01/07/2024	St Peter & St Paul Theme: Sts Peter & Paul	Truthfulness	Matthew 16:13-19 <i>'You are Peter and on this rock I will build my Church'</i>	Holy Mass to be celebrated in school Chapel	EJ
08/07/2024	14 th Sunday in Ordinary Time Theme: St Benedict	All Virtues	Mark 6:1-6 <i>'A prophet is only despised in his own country'</i>	Year Group Mass to take place in Theatre on rotation	LM
15/07/2024	15 th Sunday in Ordinary Time Theme: Sent as Stewards: Embracing our Mission <u>(End of Year)</u>	Stewardship	Mark 6:7-13 <i>'Take nothing with you'</i>	St Maximilian Kolbe: 14/08	HOY
End of Term: Friday 19th July 2024					



SERVICE

To put our faith into action we raise money for our various school charities by fundraising throughout the year through a variety of activities and events.

Year	Charity
Year 7	Mary's Meals
Year 8	St. Vincent DePaul
Year 9	Aid to the Church in Need
Year 10	Groundwork
Year 11	Hospice at Home
Sixth Form	Cumbria-Rungwe Community Link

Our Y7 charity representatives organised a Christmas Disco fundraiser for their year group charity. One of our representatives, Rocco, was the resident DJ for the event!



Our Y10 students spent the day volunteering with their year group charity, Groundwork. The Y10 Charity representatives volunteered at the local Warm Hub – an initiative aimed at tackling isolation and loneliness in our local community.



Our Y8 students organised a bake sale & raffle for their year groups charity- there were lots of prizes to be won!



Liturgical Celebrations

At St. Benedict's we organise regular Liturgical celebrations throughout the year. These are celebratory events that are formed by the Liturgical Calendar and are designed to help our students better understand the rich culture and traditions of the Catholic Church.

These events are organised by our student Chaplaincy representatives under the direction of our Lay Chaplain.

Mary's Baby Shower

Each year our Sixth Form Catholic Leadership Team organises our Annual Baby Shower celebration for Our Lady. The event helps our Sixth Form students develop a more practical understanding of Advent and Christmas whilst also helping some of the most vulnerable people in our local community.

For this event, we partner with Baby Basics, a charity committed to helping new mothers and fathers in need who aren't able to afford the basic essentials for their baby. Students attend the event to celebrate the coming of Jesus, and bring a gift for Jesus & Mary, which is then donated to Baby Basics who use these to create their Moses basket hampers for their service users.

During the event there is a period of guided reflection & prayer led by our Sixth Form Leadership Team, and a talk from Baby Basics about the work they do.





All Saints' Feast

Our 'All Saints' Feast' is an annual event organised by our Sixth Form Catholic Leadership Team. During this celebration, our sixth form students bring in dishes from the country of their Form Saint, creating a diverse and delicious feast. Each tutor group is in charge of decorating their table, and students vote for their favorite one. This event helps students learn about the lives of the saints and encourages a sense of community within the school. It also shows how the Catholic Church's culture, history, and traditions are an integral part of our school life.



Advent Service

Every year we come together with our local Catholic feeder Primary School's at one of our local Parishes to enter the season of Advent together. During this service each school offers a performance of some kind, be it a hymn, poem, or presentation. The event is well attended by schools, parishioners, and parents.



Carol Service

Each year we host our annual Carol Service in school. This is one of the highlights of our Advent Preparation with staff and students of all ages getting involved in the festivities. The performances in our concert are formed around our advent readings and feature a variety of talents. Parents are invited to the service to share in our joy as a community of faith.





St Benedict's
Catholic High
School

1971

CONTACT INFORMATION

WEBSITE:

www.st-benedicts.cumbria.sch.uk

TELEPHONE:

01946 692275

EMAIL:

admin@st-benedicts.cumbria.sch.uk

ADDRESS:

St Benedict's Catholic High School
Campus Whitehaven
Red Lonning
Whitehaven
Cumbria
CA28 8UG

