



Mildenhall College  
ACADEMY

# Parents In The Know



## What's coming up this half term

### Every Monday

Year 11 motivational and inspirational assemblies.

### Tuesday 12<sup>th</sup> January

Year 11 Parents Evening.

### Wednesday 13<sup>th</sup> January and

### Thursday 14<sup>th</sup> January

Academy production—Aladdin

### Monday 18<sup>th</sup> January (for 2 weeks)

Year 11 revision conference and their second set of mocks.

### Thursday 21<sup>st</sup> January

Armed forces talk.

### Monday 25<sup>th</sup> January

'Attitude to Learning' breakfast.

### Monday 1<sup>st</sup> February and

### Wednesday 3<sup>rd</sup> February

Year 11 6<sup>th</sup> form interview evenings.

### W/C 8<sup>th</sup> February

MFL speaking exams (all week)

### Wednesday 10<sup>th</sup> February

Spanish Theatre Production.

### Thursday 11<sup>th</sup> February

Year 8 Parents Evening.

### Friday 12<sup>th</sup> February

PD day.

**Mock Exam 2** - The Year 11s will be sitting their next round of mocks soon. The conference fortnight will allow additional hours of revision to take place with their subject teachers. Students should refer to their revision guides given to them in the December mailshot. Here they will find information about which topics to revise for their subjects and handy revision tips.



Welcome to your half termly newsletter which shares advice and guidance on essential parental matters.

## Focus on ..... Bullying

### What to do as a parent if your child is getting bullied?

Listen without getting angry or upset. Put your own feelings aside, sit down and listen to what your child is telling you – then show you have done so by 'playing back' to them what you hear. Ask your child: "How would you like me to take this forward?" rather than just taking over so they don't feel excluded from deciding what to do or end up even more stressed/worried than they were already.

Reassure your child that it's not their fault. There's still a stigma attached to bullying and some children feel they've brought it upon themselves. Remind them that many celebrities have been bullied too. Being bullied isn't about being weak and being a bully isn't about being strong. Encourage your child to try to appear confident - even if they don't feel it. Body language and tone of voice speak volumes.

Sometimes people say nasty things because they want a certain reaction or to cause upset, so if your child gives them the impression they're not bothered, the bullies are more likely to stop. Role-play bullying scenarios and practise your child's responses. Talk about how our voices, bodies and faces send messages just the same way our words do.

Don't let the bullying dominate their life. Help your child develop new skills in a new area. This might mean encouraging them to join a club. This builds confidence, helps keep the problem in perspective and offers a chance to make new friends. Speak to the BEST team at the Academy so that it can be dealt with quickly and effectively.

## Email Us!

We would love to hear about how you help to support your child with their studies. Please share any tips or advice that you have and we can print them in the next edition. If you have any suggestions of what information you would like to see in this newsletter, please contact us at:

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(Assistant Principal – Pastoral/ Editor of the Parent Paper)