



**Mildenhall College**  
A C A D E M Y



# Parents In The Know

Dear Parents and Carers,

**Welcome** to the April edition of 'Parents in the Know' a half termly e-newsletter giving top tips for parents and carers to support your child at Mildenhall College Academy.

## Road Safety

As you will recall from previous editions of Parents in the Know road safety is an important issue here at Mildenhall College Academy. Before the Easter holidays all students had an assembly on how to stay safe when travelling to and from the academy. Some good advice given to our students included putting their phones away/ turning off their music when they are looking to cross the road and also to ensure that when they are waiting to board the bus that they wait patiently and refrain from pushing.

## Sleep

There is ever growing research about the effect of a lack of sleep on people's cognitive performance. Adults and children should aim to get about 8 hours of sleep a night. In order to support your child you can try this advice:

- 1) Avoid playing computer games at least two hours before going to bed.
- 2) Avoid using electronic devices an hour before trying to go to sleep (If they still wish to use them use the Nightshift mode available on most smart phones.)
- 3) Encourage your child to read before going to sleep.
- 4) Stick to a regular routine before going to sleep.
- 5) Avoid high sugar or high caffeine drinks at least two hours before going to sleep.

## Exam Season

At this time of year we see an increase in the number of communications from parents and carers about how they can support their child with exams. Here are some simple steps that you could use to help support your child:

- 1) Allow your child to have a 'quiet space' where they can study without being disturbed.
- 2) Ensure they eat, drink water and sleep.
- 3) Show an interest in their studies and be prepared to ask them questions about their work.
- 4) Provide them with the appropriate stationary for exams. This will include a clear pencil case, black pen, ruler, pencil, eraser and scientific calculator.
- 5) Encourage them to use post-it notes and revision timetables to aid their revision.

For further information about how to support your child during exam season please contact your child's tutor. You can also have a look at our online guides available on our website.

## Uniform

I would like to take this opportunity to thank you for your support in ensuring that high standards of uniform are being maintained within the academy. As we hopefully move into warmer weather students will be reminded that they will still need to wear their academy blazers at all times whilst they are in the building. Once they are in the lessons they can then ask permission to remove their blazer. If the weather gets significantly warmer, then the Principal will announce 'Summer uniform' and students will no longer need to wear their blazers provided shirts are always tucked in neatly. Blazers will still be required for their assembly day.

## Important dates:

**Thursday 27th April**  
Year 10 Parents Evening

**Wednesday 3rd and  
Thursday 4th May**  
Year 11 Dance Show

**Thursday 11th May**  
Sixth Form and Year 11 Higher  
Education Information Evening

**Monday 15th May**  
GCSE and GCE Exams begin

**Friday 26th May**  
Year 11 Celebration Day

## Email Us!

We would love to hear about how you help to support your children 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 & Editor of  
*Parents in the Know*)