



Mildenhall College  
ACADEMY



# Parents In The Know

**Welcome** to the first edition of this year's Parents in the Know. I would like to welcome the parents and carers of students who have just joined in Year 7. This e-newsletter aims to provide top tips for parents to help support your child in the academy. We hope that you find it useful.

Drop Everything

& READ



## Book in a Bag

All students in Years 7 and 8 spend the first 10 minutes of Lesson 5 every day reading their book or magazine and therefore should have a book in their bag. However it is essential that all students in the academy regardless of their year group keep some suitable reading material in their bags.

## Year 11 Mock Exams

Monday 6th November is when the first series of Mock exams take place for Year 11 students. All students in Year 11 should have received their exam timetable. Over the course of a fortnight students will be sitting formal mock exams in all of their examined subjects. As a parent it is useful to know of some tips to support your child whilst they are revising.

**1) Environment** – ensure your child has a designated study area to work in free from distractions. It should be a mobile phone and television free zone.

**2) Take regular breaks** – encourage your child to 'chunk' up their revision into 20-30 minute segments. This allows the brain to work at its optimum level.

**3) Method** – ask them how they are going to revise. Will they use mind maps, post it notes, revision songs or cue cards to recap important information. Just copying notes often doesn't work for students.

**4) Create a revision timetable** – make a plan of when and what to revise and put it on the fridge. This way you can encourage your child to revise as per the plan.

**5) Eat, Drink, Sleep and Exercise** – Sleep is essential for teenagers. They should be getting about 8 hours of quality sleep each night. Students should also exercise regularly. This can include going for a quick walk to the shops. Remember to take on brain fuel! Water and snacks are a good idea whilst revising.

## Important Dates:

### Monday 30th October

Staff training day – no students in the academy

### Tuesday 31st October

Students return

### Wednesday 1st November

Sixth Form Open Evening

### Monday 6th November

Year 11 mocks begin

### Tuesday 5th December

Year 9 Parents Evening

### Monday 18th December

Carol Concert

### Tuesday 19th December

Last day of term

## Parental Survey

I would appreciate if you could spare a few minutes of your time to complete this survey: <https://www.surveymonkey.co.uk/r/B8HLDX3>

As a parent or carer it is a good idea to log onto Go4Schools at least once a week. Here you can access your child's latest reports, attendance information, behaviour and communications logs. Please contact the academy if you are unsure about how to login to Go4Schools.

## Careers Guidance Within the Academy

Your child will receive careers guidance during tutor time and SKL lessons. There are also Sector of the Month resources and more information in the academy Library. Should your child wish to have an independent Careers Advisor meeting then please contact their House Leader who will be able to arrange a suitable time for this to take place. From time to time your child may receive an invitation to attend a trip. These trips are often targeted to ensure that students get the right information they require.

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