



Mildenhall College
ACADEMY



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.

Important Dates:

Tuesday 17th April

Students return to the academy

Thursday 26th April

Year 10 Parents Evening

Monday 7th May

Bank Holiday

Monday 14th May

GCSE and GCE Exams begin

Friday 25th May

Last day of the half term

Options Evening

A big thank you to all those who attended the Year 8 Options evening and Year 8 Open Mornings. We hope that you found the information useful in assisting your child to make their option choices. Students in Year 8 are currently completing their preferences for the option choices. This information takes a while to coordinate and Mr Ward will have an idea of what your child will be doing next year by May half term.

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: richard.goodenough@mca.attrust.org.uk
(Assistant Principal & Editor of *Parents in the Know*)

Careers Advisor Meetings

At the academy we offer impartial careers advice to all of our students. Students can also have the opportunity to discuss their futures with our Careers advisor Nicky Howe. She will be in the academy in April. If you wish to make an appointment please contact Mr Goodenough.



How to Support Your Child's Journey Into Careers

Here is some advice with regards to helping your child get their bearings as they choose their career direction.

1) Always keep an open mind.

The world of work is rapidly changing and there is a range of routes for your child to start their career journey.

2) Encourage your child to try out different professions by trying to get work experience or summer schools.

3) When researching universities ask about mentoring programmes, internships or scholarships as this could be a great route straight into employment.

4) Understand how your child learns best. If they prefer to learn by themselves then an apprenticeship may be a good route. If they enjoy classroom settings then sixth form and university may be a better route for them.

Exam Countdown

Students are on the final countdown to their GCSEs. The academy would like to thank all Year 11 students who have attended revision sessions over the last half term and during the Easter holidays. As a parent or carer you could support in the following ways.

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.