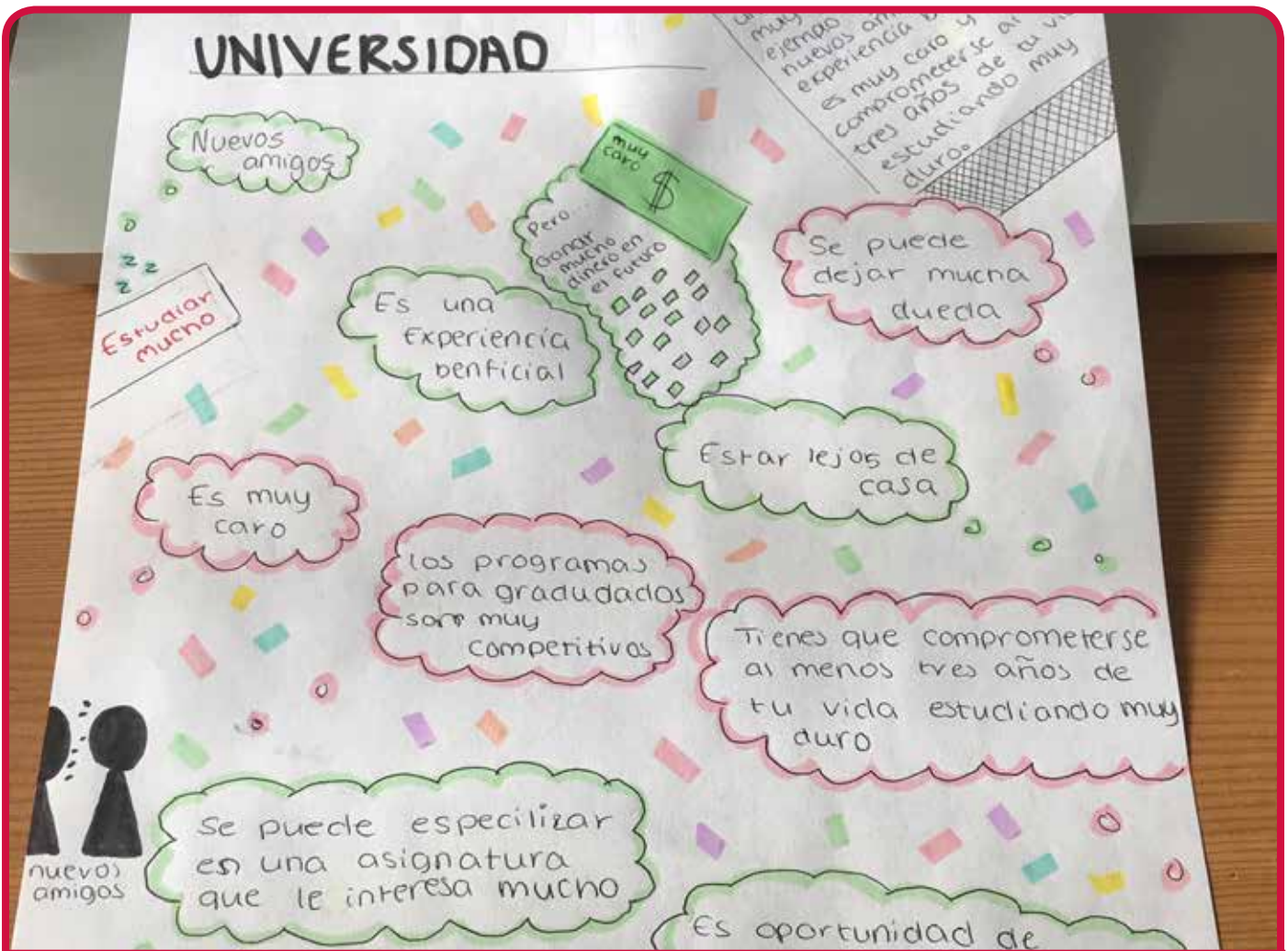


February 2021



Great Work in Languages

Principal: Miss N Hood

Mildenhall College Academy | Bury Road | Mildenhall | Suffolk | IP28 7HT

Tel: 01638 714645 | Fax: 01638 510184 | Email: reception@mca.attrust.org.uk

www.mildenhall.attrust.org.uk

Twitter: @MilCollege



Dates For Your Diary

Last Day of Term - Thursday 11th February 2021

PD Day - Friday 12th February 2021

Spring Half Term - Monday 15th February 2021 – Friday 19th February 2021

Last Day of Term - Friday 26th March 2021

Start of Summer Term - Monday 12th April

May Half Term - Monday 31st May 2021 – Friday 4th June 2021

End of Term - Friday 16th July 2021

PE and Sport

We recognise that a number of students are missing extra-curricular activities. Students are able to sign up to the following opportunities from 3.40pm onwards. Students simply need to fill in the form that has been emailed to them and select which enrichment opportunity they would like to take part in and then I will add them to the appropriate team.

Tuesday – Live fitness from home

Wednesday – Sporting quiz

Thursday – Talk sport

Ongoing - a fantasy football league. Please contact Miss Muttock for the details and the Pin to access the MCA league.



Follow the PE Faculty on twitter
@MilPEdept

Dear Parents and Carers

Welcome to our February Half Term newsletter. Despite the move this half term to remote learning I continue to be inspired by the efforts of our staff and students. In this edition there are amazing examples of the work being completed at home after live lessons, enrichment opportunities and information about the range of support available to everyone to promote positive mental health and wellbeing.



Despite the pandemic the new academy building is making good progress and whilst the date remains tentative we are hoping to move into the 'new academy' over the May Half Term period. This is really exciting after waiting so long for this time to come. It will involve the need for the academy to close in some form for additional days to allow for the packing and unpacking of all of the furniture and for the removal company to physically transport an entire school from Bury Road to the new academy building as part of the 'Mildenhall Hub'. We assure you that this will be kept to an absolute minimum and we hope to update you within the first few weeks of next half term.

You may have seen on our website or in the local media that MCA6 has partnered with Ipswich Town Football Club and from September will be offering an Under 18 programme which combines sixth form study with professional coaching as part of an official ITFC Under 18 football team. This great opportunity is open to all Year 11 (and current Year 12) students and both boys and girls. There will be an information evening on Thursday 11th February via TEAMS. Details will be shared shortly but more information can be found on our website as well as on the ITFC website.

Year 11 and 13 students continue to be supported to ensure that they can progress on to their next destination with confidence and maximum preparedness. We will shortly be holding our Year 11 interviews to ensure every Year 11 student has the support they need for a successful transition to sixth form, college or apprenticeships. Year 13 continue to be supported by the sixth form team and it is great to see the number of university and apprenticeship applications this year.

The pandemic has forced us to work in a different way but I continue to be proud of the way all staff, students and their families continue to respond, remaining ambitious and determined whilst demonstrating resilience, support and compassion. We must now all eagerly await the government announcement to see when we can return to face to face learning.

I wish everyone a safe a restful half term with much needed time away from the screen.

Best wishes

A handwritten signature in black ink, which appears to read 'N Hood'.

Miss N Hood
Principal

Virtual Activity Week Timetable



Monday 15th, 5pm ● ● ● **Live cook-along**

Tuesday 16th, 10am ● ● ● **Breakfast boogie
with Dance East**

Wednesday 17th, 2pm ● ● **Teen wellbeing
and yoga**

Thursday 18th, 1pm ● ● ● **Martial Arts and
5 ways to wellbeing**

Friday 19th, 3pm ● ● ● ● **Jumping jacks and
snacks**

Ipswich Town Community Trust Extend Post 16 Provision at Mildenhall College Academy

Ipswich Town Community Trust and Mildenhall College Academy are delighted to announce an exciting partnership from September 2021 to launch a brand new Post 16 Football and Education Programme.

Students have the chance to combine their passion for football with education whilst joining an inspirational sixth form with high expectations and a desire to achieve excellence. Enjoying brand new state-of-the-art education facilities and 3G pitch at the Mildenhall Hub. This unique opportunity provides further flexibility where players will not need to be tied to a particular club, our Football & Education programme looks to complement existing grassroots football provision and allow players to continue playing for their current teams.

Katie Sanders-Pope, Mildenhall College Academy Director of Sixth Form said:

“We are thrilled to be working in partnership with Ipswich Town to enable students in West Suffolk and the surrounding areas to combine elite football with their Sixth Form studies.”

Jason Curtis, ITFC Head of Community added:

“This is an exceptional prospect for young, talented male and female footballers in Suffolk, Norfolk and Cambridgeshire to continue their

academic, footballing and career development through Mildenhall College Academy and Ipswich Town Community Trust.”

Luke Worley, Football and Education Coordinator added:

“For us to be able to offer both Vocational and A Levels as education whilst working with the sixth form staff is a massive step in the right direction”

To find out more about the opportunities available visit: www.mildenhall.attrust.org.uk or alternatively for further details you can contact our Football and Education Co-ordinator Luke Worley at luke.worley@itfc.co.uk



Remote Careers Provision at MCA

The academy continues to offer frequent careers advice for all students. This has now switched to TEAMS and phone call appointments enabling students to get independent advice on their next steps. The year 11 students have been making decisions about where they want to go next year and have had a range of excellent assemblies from MCA⁶, West Suffolk College and the National Apprenticeships service.



Speakers for Schools

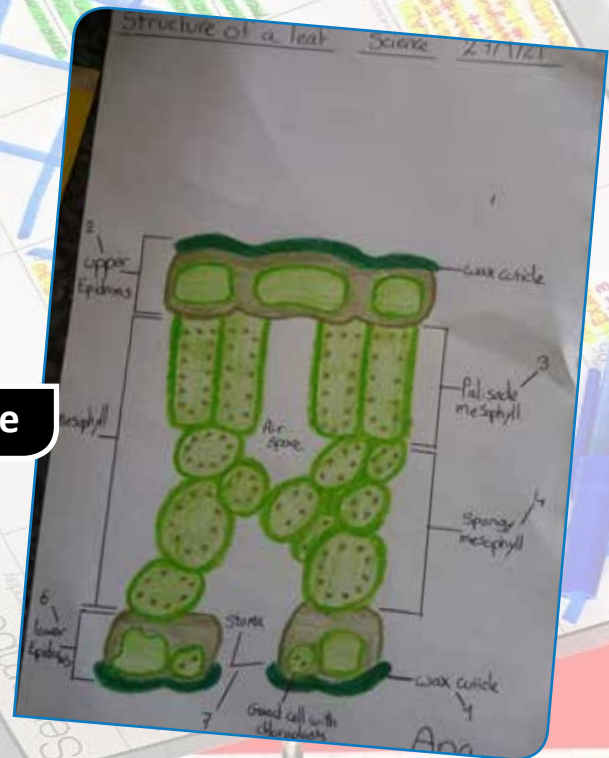
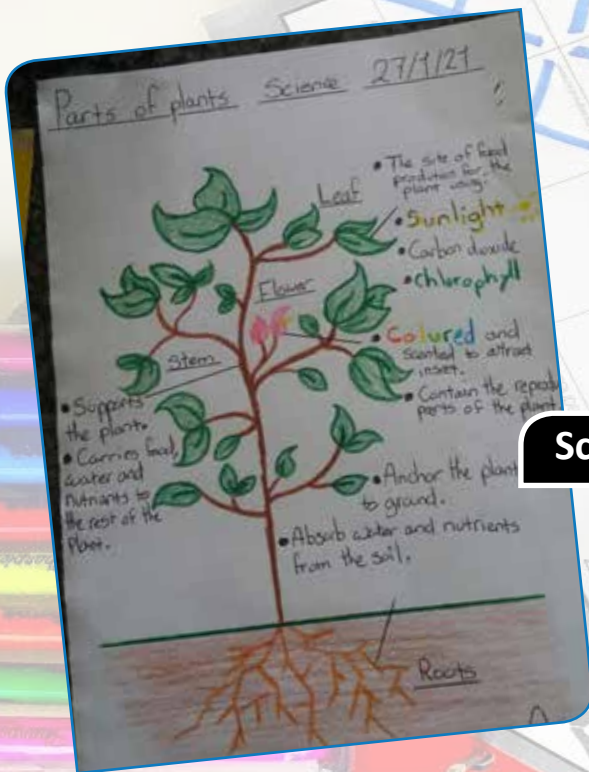
Speakers for schools are a national organisation that MCA have worked with now for many years. They are now providing live and recorded inspirational talks from a range of industries. Recently students in computer science were able to access a talk from Anthony Salcito, Vice President of Microsoft Worldwide Education; a truly magnificent opportunity.



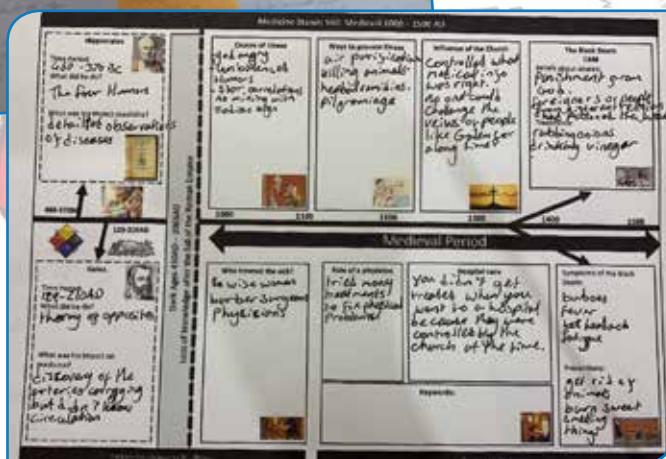
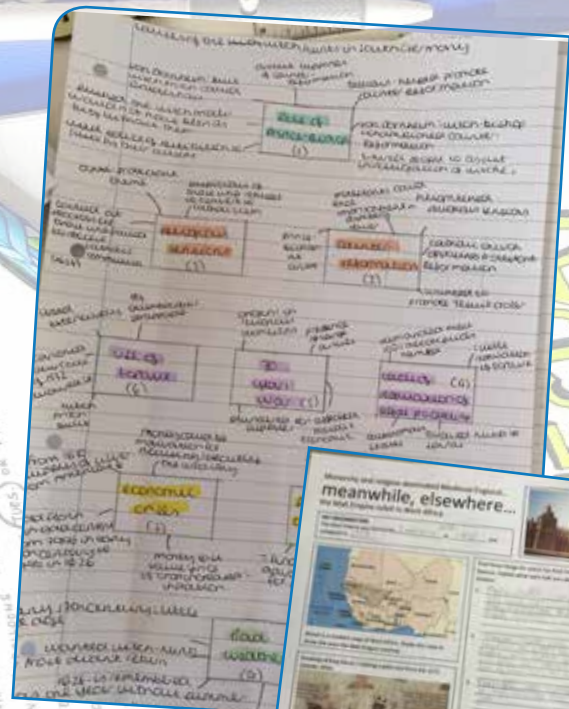
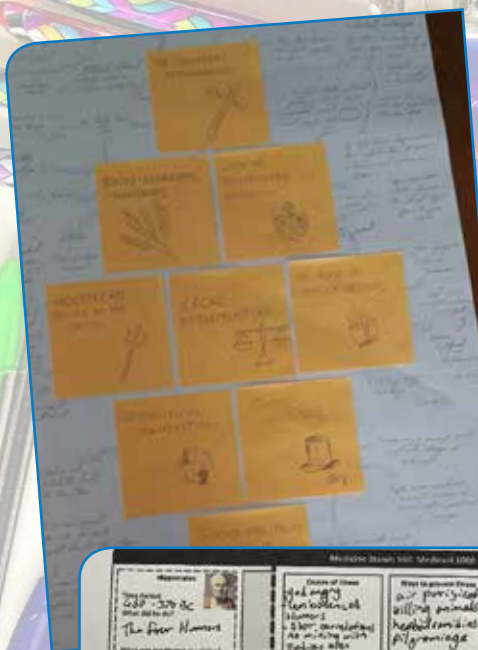
Lockdown Work Examples

Some superb work examples that have been submitted during lockdown 3:

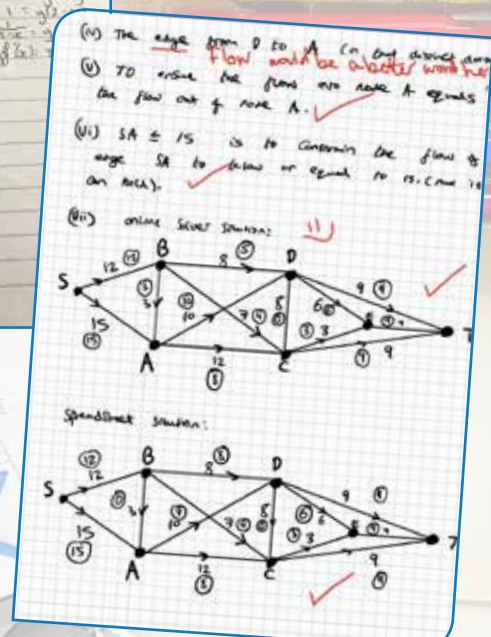
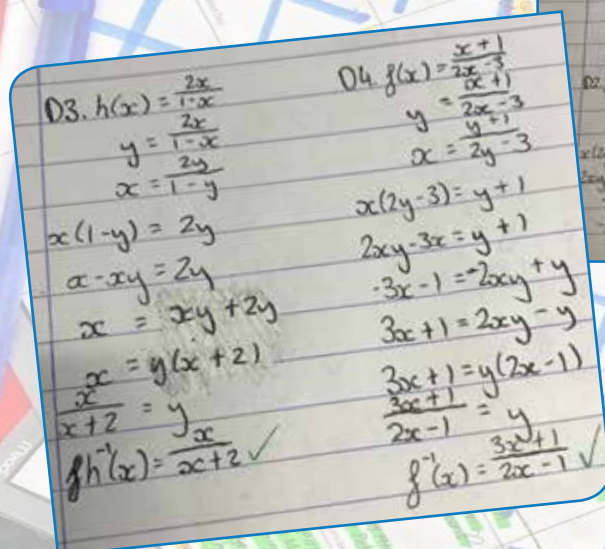
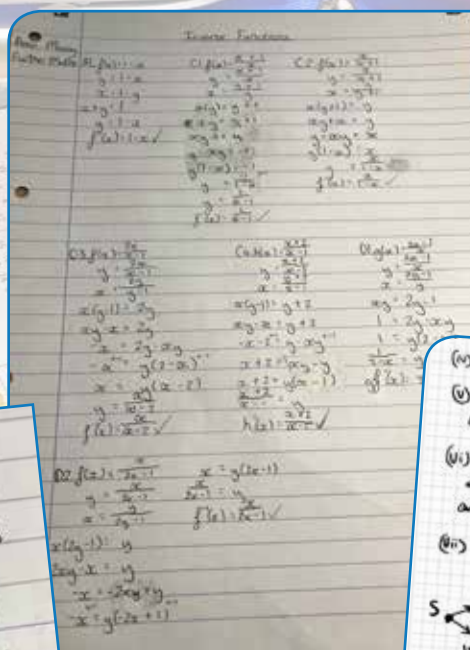
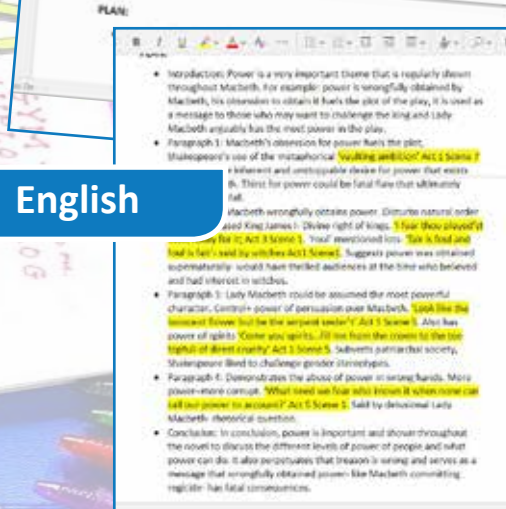
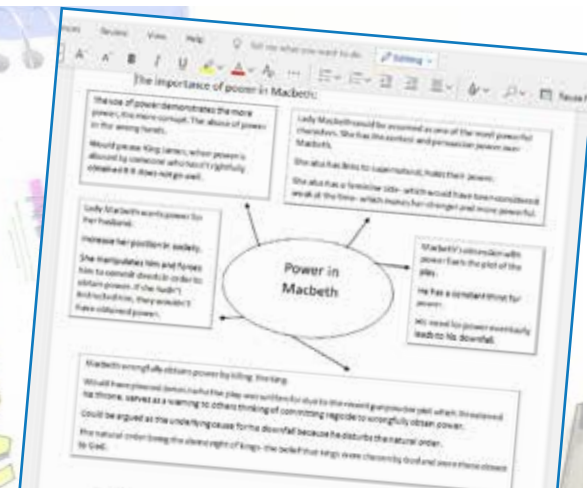
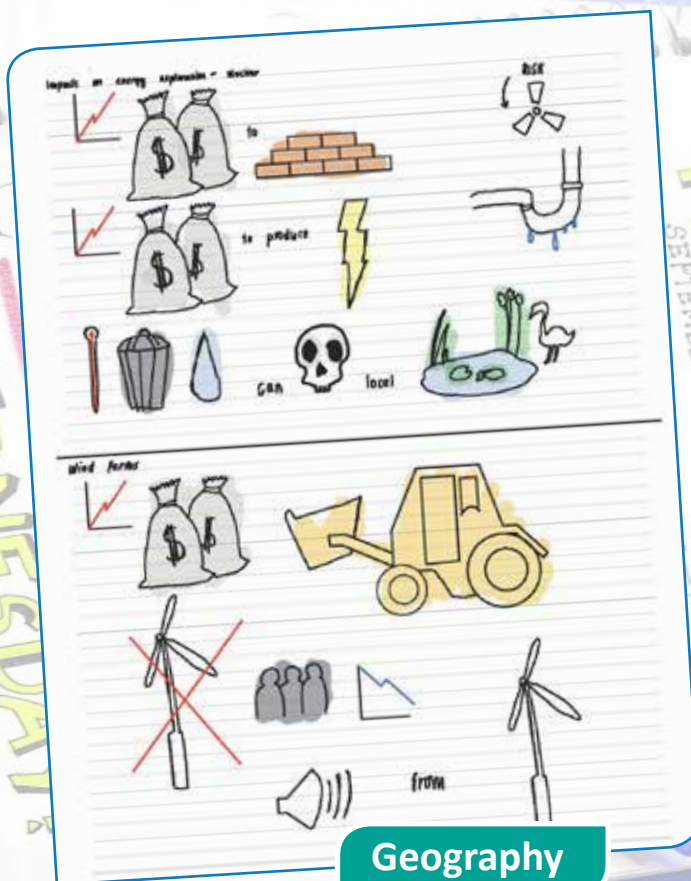
Science



History



Lockdown Work Examples



Computing

San Francisco virtual visit

This time last year we were getting ready to go to San Francisco with a group of students. We are planning a series of weekly virtual visits to recap this and explore what it is like to live and work in 'Silicon Valley'. This will be a series of short weekly visits where we will share stories of what we did and learnt in San Francisco. All are welcome but you will need to sign up and join the meetings using an MCA account. Use the link below if you are interested:

<https://forms.office.com/Pages/ResponsePage.aspx?id=ZqsZXJgLREuyK5wi8AB9zW-BpqyHtUyFNsuVyvZ6LSOpUQVVQN1ZJQTBUTFWTFBITTRCUEdVU0M3Ty4u>

Cultural

Bletchley Park - The National Museum of Computing

We are offering the opportunity to join a virtual visit to the National Museum of Computing which is located in Bletchley park. This will be of particular interest to those who study computing and those who recently joined us for our first Computing film club where we watched the Imitation game. There are two versions of the tour that we are hoping to run. One is looking at the history of code breaking (WW2 focused) and the other is the development of modern computing. This is an opportunity open to all but spaces are limited:

<https://forms.office.com/Pages/ResponsePage.aspx?id=ZqsZXJgLREuyK5wi8AB9zW-BpqyHtUyFNsuVyvZ6LSOpUODBLN0RIUzITWkgwVEdGVVIQVzFEODA0Si4u>

Computing Film Club

It was great to see so many families watch The Imitation Game and then join in the discussion afterwards. This week the recommendation was The Social Network. After half term we will continue to promote family friendly films to watch and discuss. You can sign up using the link below:

<https://forms.office.com/Pages/ResponsePage.aspx?id=ZqsZXJgLREuyK5wi8AB9zW-BpqyHtUyFNsuVyvZ6LSOpURFFVRFpHR1hZREQ3R0g5OU80M0IXMUJHVS4u>

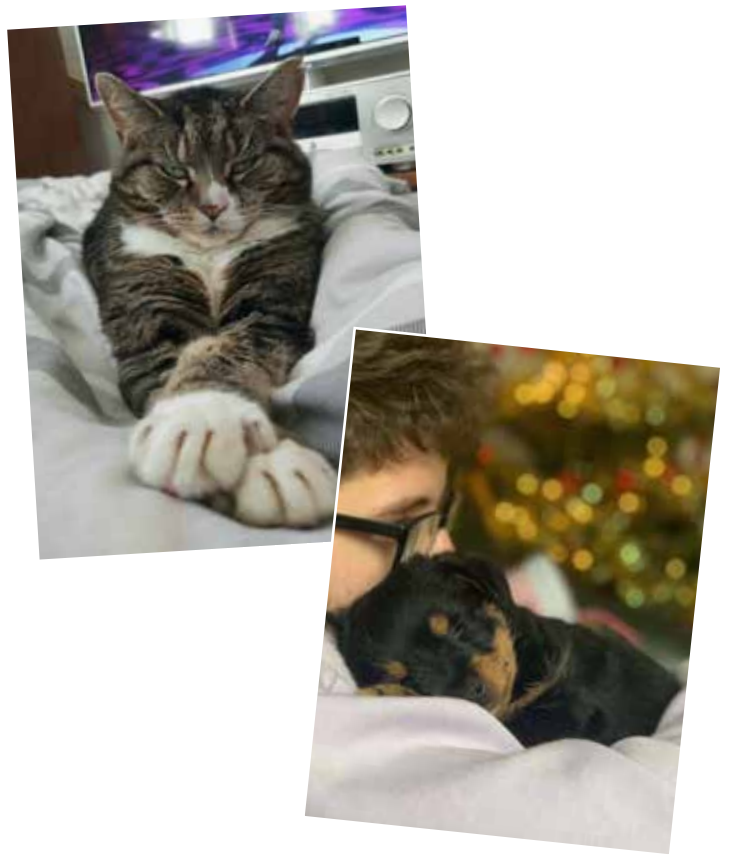


Follow the ICT Faculty on twitter
@MCACompSci

The MCA⁶ Lockdown Challenges

During Lockdown 3, the MCA⁶ students and staff have been participating in weekly challenges.

Every Monday three challenges are set; a cookery one, a photography one and a reader one and all encourage us all to step away from our work and consider our wellbeing for a while. The pet photography challenge has been by far the most popular with students and staff submitting some fantastic pictures of the furry members of their family which were shared through our social media feeds and spread a lot of joy.



Preparing for Life After Sixth Form

As the UCAS deadline approaches, at MCA⁶ we turned out attention to Student Finance and on Monday 25th January, MCA⁶ hosted a virtual information evening. Students, parents and carers were taken through the application process and had myths debunked by representatives from Take Your Place and the University of Suffolk before hearing from Philip, a Parent Ambassador. Philip provided a fabulous personal insight into the experiences of his children at university and included their career position and subsequent repayments reliving common fears surrounding possible debts. We wound off with a question and answer session and have received substantial positive feedback on the event.

In addition, to preparing university applications, we are currently exploring Higher and Degree Apprenticeships with our students who received an introductory virtual assembly on Tuesday 26th January to explain the varying opportunities available. Over the course of the next two weeks (including national Apprenticeship Week), we continue celebrating apprenticeships with a series of apprenticeship assemblies from a variety of employers and apprentices including the Norfolk Constabulary, Balfour Beatty and Astex Therapeutics.

UCAS

MENTAL HEALTH RESOURCES FOR TEENS, PARENTS + TEACHERS

Hi there! We are the Mental Health Support Team (MHST for short) and as part of Children's Mental Health Week 2021 we've put together a whole bunch of resources that are out there for teenagers, parents and teachers.



MENTAL HEALTH WEEK 2021

Check out Place2Be's video introducing this year's Children's Mental Health Week. The theme is Express Yourself! They also have loads of awesome things to do on their site which you can find [HERE](#)

HEADSPACE ON NETFLIX

Headspace, as well as being an amazing app, have also released a documentary on Netflix. Why not add it to your watch list and check it out? Each episode explores a different theme of meditation and has a chance to try it out too.



TALKING MENTAL HEALTH

A great conversation starter from the Anna Freud Centre to get us talking about our mental health. What do you do when you are stressed? How do we deal with our BIG feelings? And how can you be a good listener? Plus there are so many more things to get stuck into on their website [HERE](#)

TEXT SERVICES

We know sometimes things are tough and it can be hard to know who to talk to or even how to start that conversation. Here are some charities that provide text support.

AMBU TEXT SERVICE - Ask about where to get local help and about mental health worries | Text: 85443

SPEAK TEXTLINE - Check out their website for how to get in contact.

SHOUT TEXT - free, 24/7 mental health text support in the UK | Shout 8258 (shouttext.org)

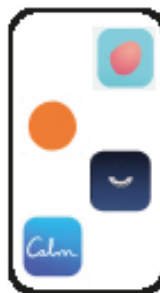
APPS

Everyone can improve their wellbeing and their mental health. A great tool to help is right on your phone.

Here are a selection of apps to try:

Headspace - learn mindfulness and meditation skills

Cove - create music to reflect emotions like joy, sadness and anger to help express how you feel



Calm - app including support with relaxation, sleep, and meditation

Pzizz - get help to calm your mind, fall asleep fast, stay asleep and wake up refreshed

THINGS TO TRY...

- GRATITUDE JOURNAL** - Write a daily gratitude journal to focus you on three things that you are grateful for that day.
- BREATHE** - Breathing exercises can be very useful when feeling angry or worried. There are many different types, here is one example:

GORILLA BREATHING

1. Close your right nostril with your right forefinger and breathe in through the left nostril.
2. Stop the left nostril with the left forefinger and breathe out through the right.
3. Repeat breathing in through the right and stopping the left.

- FREE WRITING** - Get a piece of paper, a pen and a timer. For two minutes try to write down anything that comes into your mind, try not to let the pen off the paper. There are no rules, even if what you write doesn't make sense.
- RANDOM ACTS OF KINDNESS** - Try and do something small each day that may make someone smile. Here are some ideas
 - Write a note to a friend/parent/sibling about why they make you smile
 - Make someone in your household a cup of tea/coffee/cake/lunch
 - Say something nice that you notice about someone
- STRESS BALL** - Try to build a stress ball. You'll need balloons, flour or rice and a funnel.
- MINDFUL EXERCISES** - to take your mind off uncomfortable thoughts and feelings. They are easy to use at nearly any time or place. Try: Naming all the objects you see, describing in steps an activity you know how to do well (like throwing a basketball), thinking of an object and draw it in your mind, or in the air with your finger or reading something backwards, practise for a few minutes.

MORE LINKS

TIPS FOR PARENTS

WELLBEING APPS + SOCIALS

PODCASTS AND VIDEOS

MINDFUL ACTIVITIES FOR ADULTS

NHS

Norfolk and Suffolk
NHS Foundation Trust

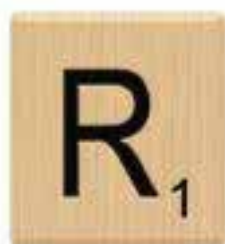


Mildenhall College
ACADEMY



Teamworkers

Together Everyone
Achieves More.



Resilient

We make mistakes and face challenges but
we never give up.



Ambitious

We have a strong desire and determination
to achieve.



Inquisitive

We are curious and interested in the world
around us.



Together

We show tolerance and respect for each
other and our environment.
'We Belong Here'.



Successful

We will be successful.

