

March 2022



Remembering Delia

Principal: Miss N Hood
Mildenhall College Academy | The Hub | Sheldrick Way | Mildenhall | Suffolk | IP28 7JX

Tel: 01638 714645 | Fax: 01638 510184 | Email: reception@mca.attrust.org.uk
www.mildenhall.attrust.org.uk
Twitter: @MilCollege

Dear Parents and Carers

Welcome to our first Spring newsletter. Despite COVID many great things have taken place over the course of the term. These have ranged from sporting endeavours, individual acts of kindness and collaborative work to improve the academy community and further strengthen our ethos of working together; supporting individuals and work hard; be kind.

Sadly, you will all be aware that the MCA community said farewell to one of our year 11 students after her tragic death. A number of students attended the funeral and many more brought in floral tributes to remember Delia, some of which can be seen in this newsletter. Our thoughts are very much with Delia's family and friends. The support available to students and staff can still be accessed and I urge you to contact us at any stage if your child would benefit from this.

In this issue you will also see the many examples of how we as a community work together to support each other and to learn and grow.



Best wishes

Miss N Hood
Principal

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.



Dates For Your Diary

Friday 18th March 2022 - Non-uniform Day to Support Ukrainian Refugees

Thursday 24th March 2022 - KS4 Options Evening (Year 9)

Friday 25th March 2022 - Year 11 Trip to Thorpe Park

Friday 8th April 2022 - Last Day of Term

Monday 25th April 2022 - Students Return

Together@MCA

BAME Society

The BAME Society have started working with BAMEed this half term. BAMEed is a grassroots organisation that supports teachers and students by tackling any issues around race and identity in schools. Lorraine Prince from BAMEed has created a new Pupil Diversity Programme which is a course that will train students to become leaders and how to tackle challenging conversations about identity, racism and belonging. This is a completely new initiative and the first of its kind from BAMEed.

This exciting opportunity will specialise in delivering training to students on how schools can start to decolonise the curriculum and increase the diverse representation during their lessons. At the end of the programme, our BAME

leaders will present what they have learnt and share their experiences with our Principal and Governors. As part of the programme, students will also work with the book "Black and British" by David Olusoga and analyse the TV programme "The school that ended racism" as part of their research. If you have the time to read and watch these too, we'd love to hear your thoughts.



Inquisitive@MCA

What have we been up to in SKL this half term?

In year 7 students have been doing some work on building connections and forming professional relationships. They have also been looking at the role of society and religion before finishing the half term off looking at FGM and how and why this happens in some countries in the world.

In year 8 students have been doing some work on drugs and the law. Looking at classifications of drugs, the sentences they carry and the effects of drugs on families. They have also been looking at the effect of smoking on the body before moving on to look at the media and the role it has within society. This has included investigating conspiracy theories that come from fake news.

In year 9 students have been spending their lessons looking at religion and discrimination. Students have been developing an understanding of why different religions have different cultural practices and why it is important we are tolerant of those practices. They have also been looking at hate crimes and anti-Semitism.

In year 10 students have been studying body image, suicide and eating disorders. They have also been looking at the effects of pornography on society and how it may affect a persons body image. Finally they have been looking at the impact of social media on daily life.

In year 11 students have been busy writing CV's and preparing for their next steps. Students have been looking at the different routes available to them at the age of 16. Students have also studied the current crisis in Ukraine.

All of our curriculum maps for SKL can be found on the website: -

<https://www.mildenhall.attrust.org.uk/curriculum-area/religious-education-skills-for-life/>



Students have been learning about apprenticeships as part of their tutor time activities. Apprenticeships week ran from 7th February. In tutor time we were pleased to have a number of guest speakers talking about their experiences of becoming an apprentice. These talks included a Q and A with Luke Bendall, a business analyst, a police constable and information about digital apprenticeships. All of the talks have been recorded and will be uploaded to our careers section on the website soon.



Ambitious@MCA

As part of National Apprenticeship Week (NAW22), MCA⁶ welcomed a number of speakers during their assembly slot each day.

Students heard from lots of exciting local employers, including the NHS, CamdenBoss, Sweco and the Direct Line Group. It was a great opportunity for students to hear firsthand about the experiences of different apprentices in varying roles including an adult

nurse, design engineer and a business analyst. Students took away some useful information from the talks including some top tips on getting an apprenticeship and how to manage their time effectively!

I would like to take this opportunity to thank everyone who took part in the sessions for giving up their time to provide such a valuable insight into their own career journeys.

Princess Trust

Year 8 student Tristiaan Wagenaar recently had 13 inches of his hair cut and donated to Princess Trust to make wigs for anybody who has lost their hair from medical conditions. He has raised **£230** so far and is continuing to take donations. Tristiaan said it took several years to grow his hair.



Together@MCA



LGBT+ History Month has taken place in the UK since 2005 and each February it serves as an opportunity to look back at the history of being LGBT+ and to celebrate the progress that has been made.

So much has changed over the last 30 years and people in the LGBT+ community are now able to adopt children, get married to the person they love and to live and work in a safe environment, protected against discrimination by the law. Despite this, we are still living in a world where homosexuality is a criminal offence in many countries and people who identify as LGBT+ are more likely to suffer bullying and hate crimes than their peers.

This February, a group of eleven MCA students from the We Belong Here student voice committee worked with me to prepare and deliver a series of thought-provoking assemblies to the rest of the academy. The students researched and spoke about the stories

of inspirational LGBT+ people who have had an impact on our society over the years, such as World War II code breaker Alan Turing, the astronaut Sally Ride and footballer Justin Fashanu. It is so important to celebrate those who came before us, the people who created the world that we live in now, for being open and being brave and for standing up for their beliefs. I would like to commend each one of these eleven young people for their courage, their eloquence and their determination to both educate and inspire their teachers and fellow students.

Whether we identify as LGBT+ or not, we can all be part of the fight to change things for the better. As an ally we can be kind and sensitive with the language that we choose to use, and if we hear someone using homophobic insults, challenge them on it or report it. Being LGBT+ isn't a choice that people make; it's just who they are. Nobody should be discriminated against for being themselves and everyone deserves to feel safe, heard and included.

Together@MCA



Firebreak is a course run by Suffolk Fire Service to help students to learn resilience, team building and develop their self-esteem and confidence.

It has run very successfully for many years under the supervision of Andy Sheldrick. We are now very lucky to have Sean Jackson the new School Fire Liaison Officer taking the lead.



Teamwork@MCA





Between the 14-16th of February, we were fortunate enough to spend 3 days immersed in university life at UEA. The preparing for medicine programme ran by the university, introduced us to the life of a medical student, including tasters of anatomy, clinical skills and the differing teaching styles. It gave us invaluable insight into what it is like to study medicine and later become a doctor.

Whilst the sessions did highlight many of the clinical aspects of the course, we also were able to see and experience how medicine is not just about clinical skills, but how, for example, communication and problem solving also make up a huge part of the course. In speaking to Sandra Winterburn, a palliative care professional and senior lecturer in communication for the medical faculty at UEA, she exposed

us to many ways in which a doctors verbal and non-verbal communication has great effect on a patients experience and allowed us to examine these for ourselves. Throughout the stay, there were medical student ambassadors, junior doctors, and consultants available for us to ask any questions we have regarding applications, university life, and coping with the stresses which medicine undoubtedly brings. This experience has provided invaluable information and support for the coming months as we apply to medical school.

Harvey Alecock, Year 12

A main part of the programme was a clinical skills taster where we would rotate around a room doing different medical-related activities such as learning how to use a stethoscope, performing chest compressions on a dummy, and even testing a urine sample. Throughout the course we also participated in many workshops such as an A&E patient puzzle where would try and treat a patient based on the information we were given; we also did a communication workshop to help us with the more empathetic side of becoming a doctor and also a problem based learning workshop where we would work as a group to understand a patients situation and produce learning outcomes from it. Not everything was medicine related, however, a lot of the information we learnt was also about university life such as a talk about mental health and talks about next steps as well as the application process and a lot of reflection regarding the entire programme.

Isiah Torres, Year 12

Ambitious@MCA

Year 13 were learning about the importance of PPE and how to wear it properly in Health and Social Care lessons.



Becky from Take Your Place HE led four excellent study skills session with Year 12 students to support their development as learners.



Thank you to Mrs Betts for a thought provoking assembly on the Holocaust today



Follow the Sixth Form
on twitter
@MCA_Six

MED-SOC LIVE **med-soc.**

BURY ST EDMUNDS

 **SATURDAY 2ND APRIL 2022**

MED-SOC JOIN THE UK'S BIGGEST MEDICAL SOCIETY

CLINICAL CAREERS START HERE

WWW.MED-SOC.CO.UK

FOR STUDENTS 14+

The Academy Transformation Trust (ATT), which we are a member of, operates with two layers of governance – a Trust Board which focuses on the overall strategic direction of the whole Trust and all the Academies within it, and Local Governing Boards (LGBs) which focus on the specific needs of their own individual Academy. Here at MCA, our LGB is made up of a mixture of staff governors (members of staff who give their time often after a busy school day to help to make improvements in the academy), community governors (people like me from the local community who are interested in the education of our young people here in Mildenhall) and parent governors (parents who are passionate about and committed to the educational experience that their children and others in the community receive from MCA).

All governors are equally important and play an equal role in supporting the Principal and leadership team. We think of ourselves as providing an important blend of support and challenge. This means that we are not here to just nod our heads and rubber stamp what the Academy leadership team decides to do. Our role is to question and challenge. But equally, we are not there to nit pick and criticise. Our role is to support and encourage the valuable work that they do. I like to think of us as 'critical friends' to the leadership team and hope that by getting that balance right we add value and make a difference to the Academy and to our local community.

Parent governors are exceptionally important within our LGB because they don't only participate in that support and challenge. They also help the rest of us to understand more about what it means to be a parent of a student here. As parents you will know yourselves what some of the key challenges, concerns and issues are. Our parent governors remind us of these and help to guide our decisions by ensuring we keep our students and their needs at the heart of any discussion.

We currently have a vacancy for a parent governor and would like to encourage any parent who feels they would like to make a difference in this way, and who can commit some time, to consider stepping forward. You don't need to have any education experience. Full training is provided. And I can promise you an interesting and fulfilling role. . In the meantime if you would like to have an informal chat about what's involved and whether the role is right for you please feel free to contact either me jacqui.burke@attrust.org.uk or Miss Hood.



Remembering Delia



U16 Girls Football

The U16 girls made the cold trip to Kesgrave for the next round of the Suffolk cup. Morale was high but nerves began to show very quickly conceding two early goals. The girls fought for every ball but unfortunately Kesgrave were too strong and the score was 5-0 at half time. However, the girls wanted to show their resilience in the second half and came out a lot stronger! After some great play and composure Ala Konoplanska scored to make it 5-1. The girls then unfortunately conceded another goal with the final score being 6-1 to Kesgrave. The girls showed a great maturity in front of a large crowd of spectators.

U16 Boys Basketball

The U16 Boys' Basketball team lost a very competitive match against Culford 33-51. Mildenhall were leading going into the first quarter thanks to some impressive 3-point shooting from Ethan Swann. Mildenhall gave great effort throughout the match and stayed close to Culford thanks to some good shooting from Joshua Roberts and Freddie Dean. Mildenhall's teamwork and determination could not be faulted. The game was played in the correct spirit and it was great to see fixtures beginning to take place once again.

U14 Boys Basketball

Congratulations to the U14 boys' basketball team for coming 2nd in their league. They dominated two of the earlier games winning both 16-8 and 23-13 respectively but unfortunately lost in their last outing against St. Benedict's.

The game was close until the last quarter where the boys were just not able to score as many points as they had done the previous two games. Nevertheless, still a good effort by the boys and a very good season to be proud of.



U16 Boys Basketball Team



Rugby

On Wednesday 2nd February, the Year 9 boys played in their first school Rugby games since year 7. The festival took place at Stowmarket Rugby club, where 5 other schools competed in a mini tournament. The layout was half pitch games of between 8-10 aside. The scoring system was a try = 1 point.

The first game took some getting used to and the boys were one try down to Newmarket at half time but came away 2-1 winners. They then went on to play 3 more games, beating Breckland 7-1 and Castle Manor 3-1, whilst losing out narrowly to arguably the best/most experienced team there, Thurston.

Overall, the boys really enjoyed themselves and played well, setting a really good example for the academy.

Showjumping

Year 9 student Izzy Hornsby was recently awarded silver for showjumping in the National inter-counties British showjumping academy teams. She rode for Norfolk and the team won the maxi 1.10m competition and Izzy gained a silver individually in that class.

Izzy has been riding since she was 6 years old, she has been showjumping at National affiliated level since she was 10 years old



Follow the PE Faculty on twitter
@MilPEdept

10 TOP TIPS

For Good Mental Health



Looking after ourselves and each other is important. As well as the top tips above in the poster created by MCA students information and advice can be found on our website. Students learn about wellbeing in SKL lessons and tutor time. They can also seek support from our pastoral team.

Clubs and Activities SPRING 2022



	Monday	Tuesday	Wednesday	Thursday	Friday
First Lunch (7/9/11)	E Sports (9 & 11 only) G14	Week A Year 11 Football Astro Week A BAME Society F8 Year 11 Football Astro	Basketball Sports Hall	Week B LGBTQ+ Lunch Club Yrs S22 Week B Keyboard Club (12:05) S12 Week A Volleyball/ Badminton Sports Hall	Week A Keyboard Club (12:05) S12
Second Lunch (8/10)	E Sports G14 Keyboard Club (1:20) S12 Badminton Sports Hall	Week B Futsal Sports Hall	Week B Football Astro	Week A LGBTQ+ Lunch Club S22 Week A Football Astro	Cyber Security G14
After School	KS3 Girls Fitness Hall Badminton Sports Hall Football Astro This Girl Can (Invite only) SEND Homework and Sport Homework Support - All year groups Library GCSE Music Drop In (Mrs Wright)	Understanding your computers (Computing students) G14 Cheerleading - all years Hall Homework Support - All year groups Library	KS4 Girls Fitness Hall Basketball/ Handball Yrs 7, 8 & 9 Sports Hall Rugby Astro Lego Robots (all years) G14 Homework Support - All year groups Library GCSE Art Sessions 3:15-4:15 F20 / F21	Netball All years Hard Courts Boys Fitness Hall Girls Football All Years Astro Homework Support - All year groups Library Voice Squad S11 Band S12 BTEC Sport Catch-Up	Homework Support - All year groups Library



Mildenhall College
ACADEMY



Teamworkers

Together Everyone
Achieves More.



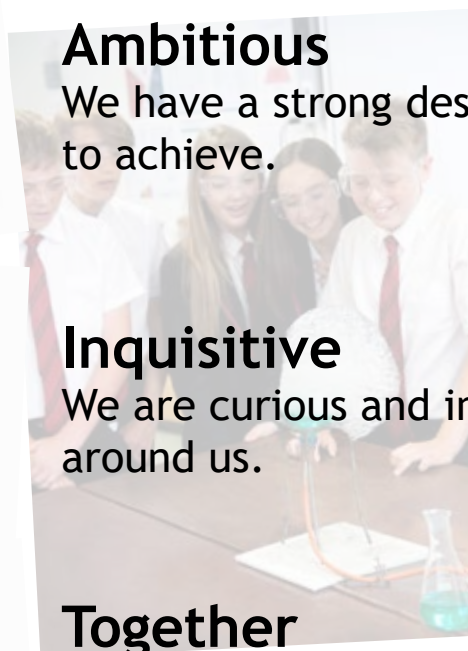
Resilient

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



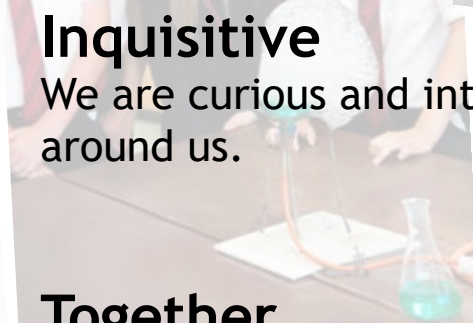
Ambitious

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.

