

Mildenhall College Academy



NEWSLETTER



April 2022



Under 13 Footballers Through to the Semi Final

Principal: Miss N Hood
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Dates For Your Diary

Friday 8th April 2022 - Last Day of Term

Monday 11th - Friday 22nd April 2022 - Easter Break

Monday 25th April 2022 - Students Return

Monday 16th May 2022 - Summer Exams Begin

Monday 30th May - Friday 3rd June 2022 - Half Term

Friday 17th June 2022 - Year 11 Prom

Thursday 23rd June 2022 - 7Q Parents' Evening

Tuesday 28th June 2022 - 7X Parents' Evening

Thursday 30th June 2022 - Sixth Form Midsummer Ball

Friday 1st July 2022 - PD Day

Thursday 7th July 2022 - Meet the Tutor Evening (Year 6)

Thursday 14th and Friday 15th July 2022 - Year 6 Transition Days

Tuesday 19th July 2022 - Last Day of Term

Our Aims:

- ACHIEVE **A**CADEMIC EXCELLENCE
- BE THE **B**EST YOU CAN BE
- CONTRIBUTE POSITIVELY TO YOUR **C**OMMUNITY

T₁ **Teamworkers**
Together Everyone Achieves More.

R₁ **Resilient**
We make mistakes and face challenges but we never give up.

A₁ **Ambitious**
We have a strong desire and determination to achieve.

I₁ **Inquisitive**
We are curious and interested in the world around us.

T₁ **Together**
We show tolerance and respect for each other and our environment. 'We Belong Here'.

S₁ **Successful**
We will be successful.

Dear Parents and Carers

Welcome to our spring newsletter.

This issue comes with a health warning due to the dissection pictures included in the Med-Soc article. High praise indeed to the students who participated in this event!

Yet again there are so many great examples of all the things taking place outside of the classroom at MCA. This is even more impressive when we consider the challenges of this term. I would like to thank everyone for their support and understanding throughout.



We have had a number of visitors to the academy this term and it has been lovely to hear their feedback. The consistent message has been how welcoming staff and students are and what a positive sense of community there is. One visitor commented on the 'really focused' learning environment and strong relationships leading to such a positive culture of learning and achievement. This is wonderful feedback and really shows the progress we are making in building our vision and ethos.

As we move into the Summer term I hope that we can continue to make progress in moving closer to normality. Our priority will very much be in supporting those students sitting exams this term and ensuring they have the support they need to achieve success.

I would like to take this opportunity to wish you all a wonderful Easter break.

Best wishes

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

Work hard; be kind

Miss N Hood
Principal

Working together; supporting individuals

A group of year 10 students have recently begun their Duke of Edinburgh (D of E) bronze award. So far, they have selected the three activities (in the skills, physical and volunteering sections) they will complete over the next 3-6 months and attended their first practical activity on Wednesday the 9th of March. They enjoyed practising how to put the tents up and work the cookers so they can make themselves food and a cup of tea when their expedition comes around this June.



Teamwork@MCA

Library

We have been fortunate to receive an incredibly generous library grant from The Foyle Foundation.

The total amount that has been awarded is £7,500 and this will allow us to purchase new books for both the library on the main site as well as the library at MCA⁶.

The new books will be closely linked to the curriculum and there will be multiple copies of the books that appear on our curriculum maps.

This will support students to read relevant materials to enhance their learning in the classroom and support with homework. We are very excited to have been successful in securing this grant and we would like to thank Mrs Grahn, our librarian, for coordinating the ordering and organisation of these new books.



Inquisitive@MCA

Suffolk Skills Show

On Thursday 10th March 2022 students were invited to attend 'The Suffolk Skills Show Experience' organised by Education Business Connect and Suffolk County Council.

The event took place at Norfolk Showground, Norwich and was designed to give young people an overview of the different types of training opportunities available within the local area as well as nationally, including apprenticeships and graduate vacancies.

The day involved students visiting interactive stands around possible careers and was supported by over one hundred different employers.



Congratulations to Paige Stannard in Year 10 who won a competition at the Norfolk and Suffolk skills show. Paige beat 1000's of other students in the longest plank competition winning herself a round of mini golf from the show.

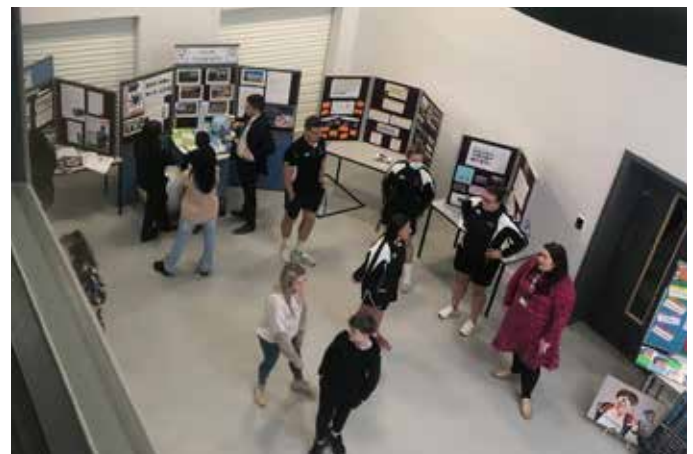


Ambitious@MCA



Thank you to everyone who attended our Key Stage Four Options Evening on Thursday 24th March.

Ambitious@MCA



Firebreak

Congratulations to:

Tyler Carr, Bradley Jones, Taylor Airdrie, Jack Ellis, Luca Lupa and Cain Reddick who have just successfully completed their firebreak course.

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 is run by Sean Jackson the new School Fire Liaison Officer.



Resilience@MCA

Thorpe Park Trip



The year 11 Prefect Team and Youth Award group headed to a warm and sunny Thorpe Park on the 25th March. The Prefect Team would like to thank the family of Lyle Hutley who kindly donated some money for this trip to take place. The students had an amazing day riding some of the biggest, fastest and scariest roller-coasters in the UK. The purpose of the trip was to thank the Year 11 Prefects for their contribution to the academy this year.



Together@MCA



With the recent events in Ukraine grabbing International headlines and fundraising for humanitarian relief efforts ongoing, the Design Technology and Art Faculty at MCA have adapted their last recipes of the year 8 food programme to be Ukrainian themed dishes and the year 10s who are currently investigating international dishes as part of their Mock NEA2 have had Ukrainian dishes suggested to develop their skills further.

For anyone, students and families, who love to cook and would like to attempt something new, please find two Ukrainian themed dishes; potato pancakes and sweet cheese cookies or sochniki that you might like to cook at home. This supports our desire to grow students' cultural capital and also to show solidarity with the people of Ukraine by sharing in traditional foods. If you would like to send in photographs of your dishes, email them to:

Catherina.Daniels@mca.attrust.org.uk

Our year 10 GCSE food preparation and nutrition students took part in an Ukrainian themed cooking session on 1st April 2022.

They prepared and cooked Deruny potato pancakes and Sochniki cheese cookies. For the Deruny, they worked hard to grate onion and potato and achieve the perfect pancake batter consistency before pan frying them. The outcomes were very tasty and students debated what would be a good accompanying dish with them.

The Sochniki cheese cookies were very interesting, filled with a creamy cottage cheese and baked in the oven with egg glaze and a sprinkling of sugar. These were delicious and not too sweet with an interesting texture similar to shortbread.

The students agreed that it was worthwhile to try different international dishes and that these are useful additions to their bank of skills.



Together@MCA

Public Speaking Competition

On the afternoon of Wednesday 16th March, Mrs Powling and Mrs Sanders-Pope accompanied Year 9 and Year 12 teams to the Bury St Edmunds Rotary Club Public Speaking Competition 2022.

The competition was held at County Upper School and schools from across Suffolk competed. The Year 9 team consisted of James Shipp, Tamara Essombe, Kadyr Curry and Freya Berry. They prepared and presented their speech arguing that gender stereotypes from a very young age can be toxic and harmful for both boys and girls.

The Year 12 team consisted of Breanna Poolton, Harvey Alecock and Millie Chadwick and they argued that making vaccinations compulsory is a dangerous move in a democratic society and the success of the Covid-19 vaccination programme has proven that voluntary uptake was the right approach taken by the British government.

Both teams performed with poise and conviction - they were well-prepared, confident and worked exceptionally well as a team. We are incredibly proud of these students for representing Mildenhall College Academy at such a prestigious event and for using their voices in a positive way to demonstrate the MCA TRAITS.

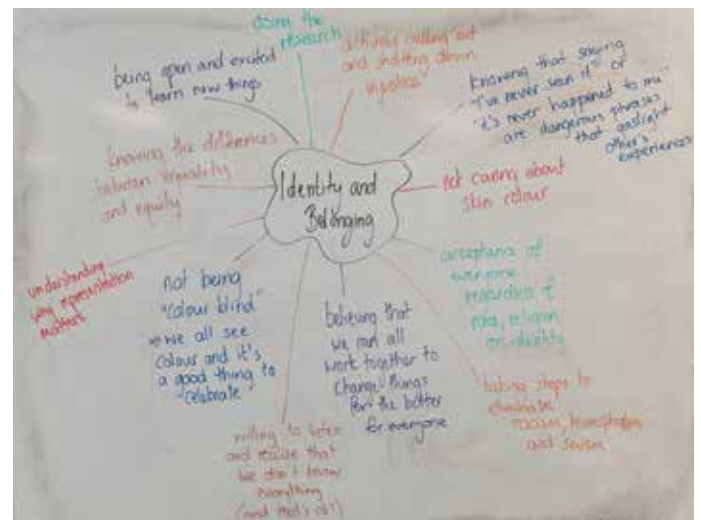


Inquisitive@MCA

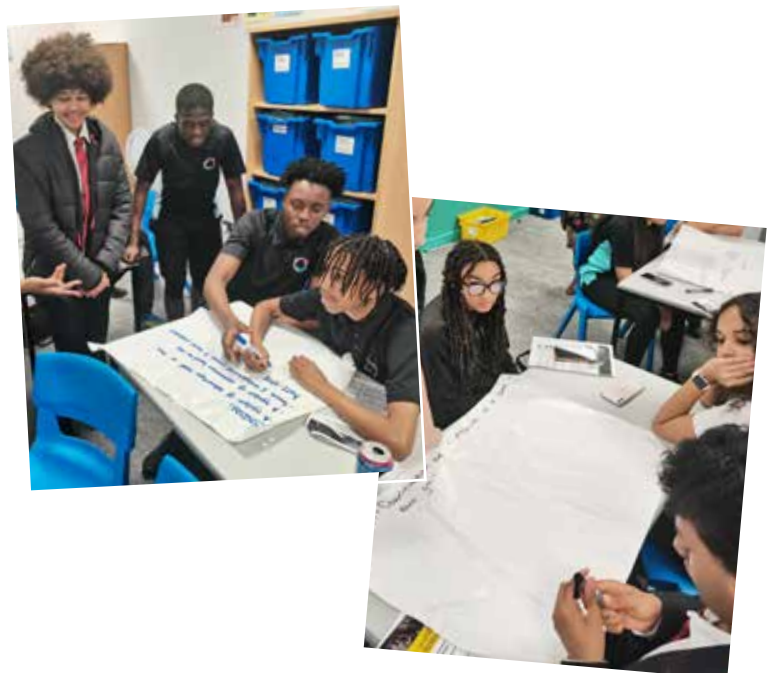




The Collective Council have had a very busy term. Firstly, we changed our name from The BAME Society as we disliked the label and feel it's an outdated and non-inclusive way to refer to diversity. The Collective Council (named by Year 13 student Luna Cliffe who is our Co-Chair) shows that we are a group that has inclusivity at the heart of what we do.



This term we've been working through an Identity and Belonging programme run by Lorraine Prince from BAMEed – a charity organisation that works with schools. During the programme we have looked at how we identify ourselves, how other schools have attempted to tackle racism and reading David Olusoga's book about Black British History. During discussions we have come to understand the differences between ethnicity, race and nationality, as well as be able to explain the definitions of antiracist, equality, equity and colourism.



The Collective Council also hosted our first event that aims to bring more varied representation to our academy. Samuel King – a poet from London – was a huge success and we look forward to hosting more events like this for everyone to enjoy.

Moving forward we will be working through the curriculum and will be meeting with teachers to discuss how to increase the positive representation of people from the Global Majority in our lessons. Other schools have started to take an interest in what we are doing and we will be starting to work with them to guide and support them through the experience of decolonising their curriculum by empowering the voices of their students in the pursuit for a more fairly represented, well balanced and diverse educational experience for all.



Together@MCA



On Saturday 2nd of April, MCA⁶ welcomed students from across East Anglia for an event hosted by Med-Soc.

Med-Soc are a clinical team who provide an insight into the medical and scientific profession providing opportunities to experience dissections and touch on the basics of anatomical research.


The day was split into two halves, the first aimed at all with an interest in an allied healthcare role and the second half targeting those interested in medicine, dentistry and veterinary medicine.

We were able to dissect the lungs and heart, as well as identify the key features of these and how they are adapted for their functions. The anatomist demonstrated the dissection of the digestive tract including the stomach, oesophagus, ileum, liver and pancreas.

This was of great benefit to our current A-level and GCSE science studies, strengthening our understanding of many biological systems.

The experience was invaluable in giving an interesting insight into our prospective career paths. Throughout the event, we were also able to ask any questions to the anatomist about the work that they do and the process of dissecting other parts of the body.

Harvey Alecock, Year 12



DID YOU KNOW?

THE HUMAN EYE CAN DIFFERENTIATE APPROXIMATELY 10 MILLION DIFFERENT COLORS

MED-SOC LIVE med-soc.

WWW.MED-SOC.CO.UK



MED-SOC LIVE med-soc.

YOU HAVE TWO KIDNEYS, BUT ONLY ONE IS NECESSARY TO LIVE.

WWW.MED-SOC.CO.UK



Ambitious@MCA



In November 2021, I applied to be a member of Youth Parliament. Part of this application involved selecting three issues I am passionate about and would like to work on if elected.

For these I chose: improving places to go, the environment and mental health support & services. Then, what followed was an extensive campaigning period in which I delivered an online assembly detailing what I would do if elected and promoted my campaign through the use of social media.

Voting was held up and down the country throughout February and in March, I was elected Deputy Member of Youth

Parliament (DMYP) in Suffolk. Being a DMYP means I get to work closely with a range of people in West Suffolk to do what I set out to do and make our community a better place for everyone. I am looking forward to being the voice for young people in West Suffolk.

Over the next 2 years, I will work on the issues I had campaigned for by forming close ties between groups, organisations and charities within the local area. I aim to do as much as I can whilst in Youth Parliament and will keep people updated on what I am up to via my social media channels.

Callum Fincham, Year 11

When the campaign was launched in November 2021, Callum was keen to apply to become a member of Youth Parliament and had many topics he was passionate about. He wanted his voice to be heard and it is amazing that he has been elected as a Deputy Member of Youth Parliament for Suffolk.

This is a wonderful achievement not only for Callum but also for the academy as it will allow our students to have their thoughts and views heard through Callum. Well done Callum.

Miss Morley

Success@MCA

 **Youth Parliament**
MAKING OUR MARK
United Kingdom



On Thursday 31st March a group of Year 12 psychology and criminology students, including myself, visited Abbeygate Sixth Form Centre to participate in a crime convention day. We joined criminology & law students from Abbeygate to take part in a day led by 'True Life Conferences', an organisation containing ex-offenders and a forensic psychologist who discussed with students the reality of being sent to prison, whether rehabilitation actually works and how a prison sentence affects their life once they are released.

The day began with the convention leader (Andy) discussing our perspectives regarding prisons, what we would like to see our prisons look like and how we might change some of the current punishments. Andy then introduced a variety of ex-offenders and a forensic psychologist who has worked with numerous violent and psychopathic prisoners. Each explained why and how they had ended up in prison or, as in the forensic psychologist's case, some of the prisoners she had worked with. The ex-offenders were honest in their experiences and one, a prolific burglar,

stated that he knew exactly what he was doing and the possible consequences of being caught but that he 'never cared'.

I found all their story's captivating, and the one that was particularly interesting was Andy's story, who revealed to us that he is a convicted murderer and how his conviction still affects his life today.

During the afternoon we were able to participate in a Q&A session with each guest in smaller groups which enabled us to ask any questions we wanted.

Overall, we all had a great day and are grateful for the opportunity to attend.

Brianna Poolton, Year 12



Former Student Visits MCA⁶

MCA⁶ welcomed former student, Luca Chadwick, who told us all about his amazing experiences as part of the Yorkshire RAF University Air Squadron.

Gymnastics

Amalie Turner, year 7 student, recently competed at an East Regional competition and had a very successful day coming first overall as well as achieving many medals on individual apparatus. She also won the artistry award for her beautiful dancing in her floor routine. The following weekend Amalie competed again this time at the English Gymnastics Championships where she competed at the highest level for her age against many older girls, she enjoyed the experience of her first big national competition.

Success@MCA



U13 Boys Handball

The U13 handball team had their first tournament of the season on Thursday the 24th March, and it was certainly one to remember. The boys played a total of three games, during the first game they saw off Thurston's first team with ease winning 3-1. After a reshuffle before their second game the boys got into their stride winning the game 5-0 with a couple of outstanding goals from Jacob Watkins. The last game was against Westley who had also won their first two games but the boys battled hard and put on a superb team performance to come away with a thoroughly deserved 4-3 victory. Congratulations to all of the students involved, they progress to the next round of the competition.

U13 Boys Basketball

The U13 boys put on a great performance in their first basketball game of the season against Ormiston Sudbury on the 9th March. They cooperated well

together as a team and scored some great shots, just losing the game narrowly in the final quarter. A performance that can definitely be built upon.

A massive well done to the U13 boy's basketball team for winning their second game against Castle Manor 18-8 on Monday the 21st March. We conceded a couple of very well taken shots early on which put us behind but once the boys got into the game there was nothing stopping them scoring 10 points in one quarter which helped seal a well earned win.

Teamwork@MCA

U12 Girls Basketball

Our Year 7 Girls Basketball team got off to a winning start to their fixtures by beating Westley 25-22. A close fought game all the way to the final whistle. The MCA girls never gave up and came from behind to overcome a 10-point gap. A number of students scored baskets and all the girls

showed excellent progress throughout the game. We are super proud of their efforts!

The U12 Girls Basketball team were back to giving their all against Castle Manor, at home on 14th March. The girls developed throughout the game, showing their determination till the final whistle. The girls played on a big court for the first time and adapted very well to this. There were smiles all round and a lovely atmosphere during the game. The final score was 26-14 to Castle Manor. We are proud of the MCA girls!

U12 Boys Rugby

A huge well done to the U12 boys rugby team who attended a rugby festival on Wednesday the 23rd March. With it only being their second time of playing together the boys pulled together extremely well winning 3 games with 1 draw and 1 loss. They won their first 3 games on the bounce against Stowmarket, Hadleigh and Ormiston Sudbury, before narrowly losing to King Edward School and then put in a solid performance against Hartismere to come away with a draw. The tries of the day go to Oliver Harvey and Ben Cross for both scoring some brilliant tries. Excellent performances all round from the boys.

U12 Football

On Monday 14th March, the U12 Boys Football Team has managed to reach the semi-final of the Suffolk Cup. This was after beating King Edward School 5-4 at home. The boys showed some great persistence, since coming into half



time 3-1 down. During the second half the boys really stepped it up a gear and played some great football with some quality finishing from the likes of Maxim Mlityalwa and Jesse Logan. Some other star performers were Max Rose, Bailey Gibbs and Henry Edwards. However, everyone played their part, with it being a real team performance from all the boys.

U13 Girls Basketball

The U13 girls had their first basketball fixture away against Castle Manor on Tuesday 15th March. The girls arrived very nervous and apprehensive but soon got into the swing of the game. After only 2 minutes of play MCA were 6-0 ahead and the girls settled. Some great play between Ala Konoplanska and Summer Palfrey stretched their lead further ahead. Wiktoria Gogolewska and Je-anna Buckle implemented some great defensive work. Castle Manor managed to come back into the game slightly but nothing was beyond the reach of MCA. More baskets scored allowed the girls to come through with a fantastic 36-22 win. Well done girls.

Leaders

A group of year 9 students attended two leadership events this week. The year 6 football tournament on Monday 28th March and the Years 3&4 football tournament on Thursday 31st March. The students were tasked with timing, officiating and score keeping both tournaments. The students conducted themselves superbly and were a credit to themselves and the academy. During the second tournament the weather was very extreme and despite the snow, rain, wind and intermittent sunshine the students showed resilience and teamwork throughout the event.

U13 Girls Handball



The U13 Girls Handball

The team travelled to KEGs for their first ever handball fixture. They started very well and showed all the skills they had learnt so far in their PE lessons, leading 2-0 for most of the game. In the last few minutes of the game, KEGs scored 3 goals, and took the win 3-2. The MCA girls did not become disheartened, and they enjoyed every minute of their game - wanting to play more! Well done girls!



U13 Football

The U13 footballers put on a great display during their Suffolk Cup Quarter final match against Pakefield winning the game 3-2. The players started off brilliantly going 3-0 up inside the first 15 minutes with some very well taken goals from Kian Hall and Sam Rutterford. Superb performances from all the players will see them face Thomas Gainsborough in the semi-final of the cup after the Easter holidays.



10 TOP TIPS For Good Mental Health



We have a number of first aid qualified staff in the academy who are able to respond to any emergencies. Most of the time we are dealing with students who have a headache or who feel unwell in a general sense. In these instances we will contact parents / carers to gain permission for a paracetamol to be given or to inform that a child feels unwell. If a child feels unwell we will offer a drink of water and something to eat if appropriate. We are not able to offer medical care beyond this as we do not have the medical expertise or facilities to do this. In these instances we will contact you for a decision about whether your child comes home or stays in the lessons. We try to encourage students to remain in the academy accessing their learning unless they are too unwell.

In any eventuality students must go to student reception for us to contact you and not make contact themselves as mobile phone use is not permitted. If your child has a long term or temporary condition affecting their ability to be in the academy as normal or where we need to be aware for their safety and comfort please contact your child's House Leader who will arrange a meeting and where necessary an individual health care plan.

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

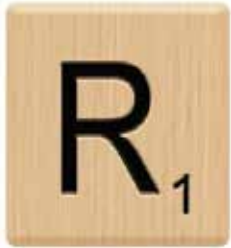


Mildenhall College
ACADEMY



Teamworkers

Together Everyone
Achieves More.



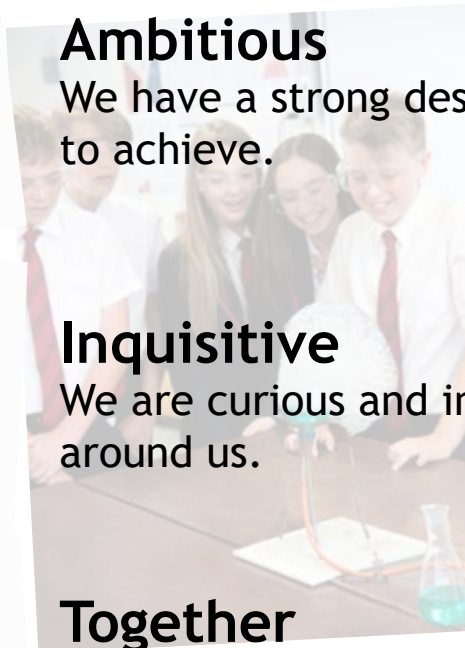
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