

Mildenhall College Academy



# NEWSLETTER



July 2022



## Year 11 Prom 2022

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

Tel: 01638 714645 | Fax: 01638 510184 | Email: [MCA-reception@atrust.org.uk](mailto:MCA-reception@atrust.org.uk)  
[www.mildenhall.atrust.org.uk](http://www.mildenhall.atrust.org.uk)  
Twitter: @MilCollege



# Dates For Your Diary

Tuesday 19th July 2022 - Last Day of Term

Thursday 18th August 2022 - A Level Results Day 9:00 a.m.

Thursday 18th August 2022 - Uniform Shop 9:30 a.m. - 3:00 p.m.

Thursday 25th August 2022 - GCSE Results Day 9:00 a.m.

Monday 5th September 2022 - Students Return

*You will receive information over the Summer about the start of next academic year. This will be around the start of A-Level results day and immediately prior to the start of term. Please keep an eye out for email communications.*

## Our Aims:

- **ACHIEVE ACADEMIC EXCELLENCE**
- **BE THE BEST YOU CAN BE**
- **CONTRIBUTE POSITIVELY TO YOUR COMMUNITY**

**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.

Dear Parents and Carers

Wow what an amazing edition of our newsletter and how great to see so many varied examples of enrichment available to students at Mildenhall College Academy. I cannot believe that we have been in our new home for just over a year now. The difference it has made to the culture and ethos of the academy is palpable and staff have worked hard to realise the potential of our new facilities.



It has been a year where our MCA TRAITS have been more important than ever and it fills me with pride to hear the staff and students talking about them and their importance in their everyday language. Our culture and ethos is the very foundation upon which everything else is built. In our mission to achieve our (ABC) aims we are very clear, MCA is about the individual as a whole achieved through the strength of our collective togetherness. It is easy to focus on the individual and collective challenges we, and the world, have faced over the past year so it is lovely to be reminded of the many more successful and positive moments we have shared as seen throughout this newsletter. Next year we aim to go from strength to strength and to further build on our strong culture and ethos based around our TRAITS.

For the first time in 3 years students have sat formal examinations and I cannot praise them highly enough for their hard work and resilience. I wish all of them the very best for their futures and hope to see many join us at MCA<sup>6</sup> in September.

Thank you and well done to all the staff and students for their hard work and contribution to the MCA community this year. Thank you also to you for your support, success for our young people cannot be realised without the partnership between the academy and parents/carers. By working together we really can help each individual student realise their potential.

I wish everyone a safe and enjoyable Summer break.

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

Miss N Hood  
Principal

Work hard; be kind

Working together; supporting individuals



# Duke of Edinburgh

On the weekend of the 18th and 19th of June, 17 year 10 students undertook their Duke of Edinburgh bronze award expedition. On the Saturday, they walked a distance of 20.8km (just under 13 miles) across varying terrains from Culford up to Thorpe Woodlands.

When the students got to Thorpe Woodlands, they put up their tents and cooked their own food for the evening on the gas stoves. They then managed to make and maintain a bonfire before relaxing for the evening ready for their walk on the Sunday. Unfortunately, we did have thunder and lightning on the Saturday night, but the majority of the students still managed to get some sleep, although there were some complaints of Mr Waterson's snoring. After waking up early Sunday morning the students cooked breakfast before packing away all their tents and setting off for another 15km (9 miles) walk to Santon Downham to finish off their expedition. The students showed tremendous determination and resilience throughout the weekend and managed to enjoy themselves despite the challenges they faced.



**Teamwork@MCA**



# Art Exhibition

Here are some images from our art exhibition which was held on Wednesday 15th June.



**Ambitious@MCA**

## Youth Award News

A big thank you to Grants Garden Centre in Barrow, who have gifted the Youth Award group lots of plants and compost to be used by the students for their gardening module. The students will learn about different plants, caring for them and help to make the academy visually appealing.

**Inquisitive@MCA**





# Year 11 Prom 2022



**Together@MCA**



# Sixth Form Midsummer Ball



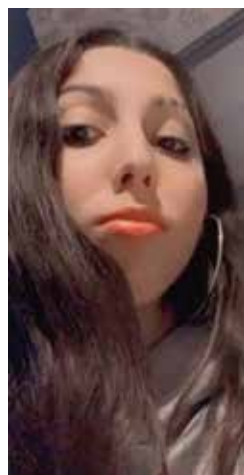
**Together@MCA**





On Tuesday 5th July we held a concert in memory of Delia. It was an evening full of tears and memories but also lots of smiles and laughter. The students were fantastic and were bursting with pride. All money from ticket sales was donated to Suffolk Mind who also attended the event.

Thank you so much to all who attended.



## Battlefields Trip



As part of their GCSE history studies, Year 10 students are once again off to the First World War battlefields of Belgium and France. As Covid has enforced us to remain in the UK for the past 2 years, we are excited to see the sites where the battles of the First World War took place and learn about real people who were involved in the devastating conflict

over 100 years ago. We will be visiting museums, cemeteries and trench systems and will be taking part in the Last Post at the Menin Gate in Ypres.

Importantly, we will be visiting a Belgian chocolate shop, although our purchases may all be either eaten, or melted, by the time we get back to Mildenhall. We are also really excited to say hello again to our Christmas Truce memorial, which we put up with our German partner school back in 2014. We will stay at the Peace Village in Messines. It certainly is a fantastic and poignant way to complete this academic year.

**Together@MCA**



# University of Suffolk Trip

In the first week of July, the four of us attended a Uni Camp at the University of Suffolk to experience what student life is like. On the first day, we arrived just after lunch and settled into Athena Hall (our accommodation) and did ice breakers with our mentors and groups to get to know the new people we would be staying with. Later in the evening, we had a talk on an introduction to higher education, and then had dinner at Cult (the restaurant close to our accommodation).



On the next day, we had a campus tour and a few academic taster sessions, such as Architecture, Sociology and Childhood. We then went out to dinner to either Wagamama's or Byron Burger and then three of us went bowling while the other one went to the cinema to watch the newest Top Gun movie. On Wednesday, we all went to either Jimmy's Farm or Alton Water. At Jimmy's Farm, we walked around and fed animals. And at Alton Water, we went kayaking. The evening was relaxed and we watched movies, played games and got Dominos.



The day after, we had more academic tasters, which included Business Management, Criminology, Law and Psychology. The student ambassadors did presentations talking about uni life and their experiences and we did a library scavenger hunt which was very competitive. In the evening, we had a massive Hawaiian party which was a lot of fun. On the final day we packed up and did a quiz, before having an awards ceremony and saying our goodbyes.



This week was an amazing experience for all of us and we had the opportunity to meet so many great people, who we are already planning meet-ups with this Summer. It truly gave us all a good insight into uni life and we're all really glad we went."



**Connie Roffe, Harriet Samuel, May Barker and Katy Turner - Year 12**

**Ambitious@MCA**



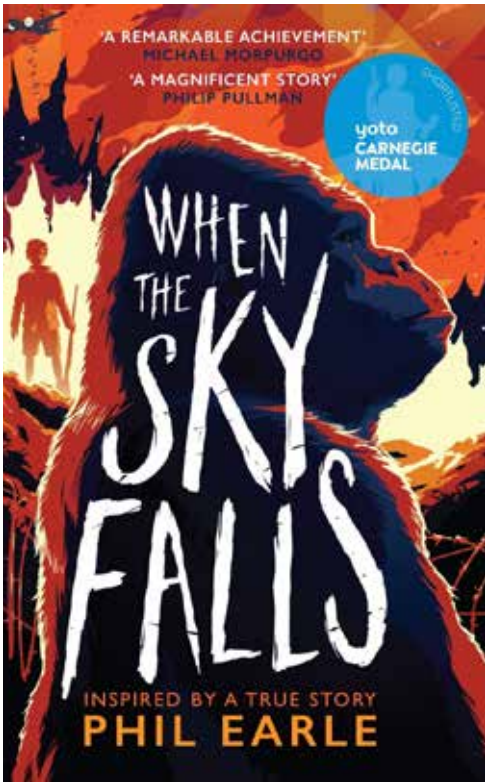


As part of the Year 10 Scholars Programme supported by Take Your Place, some of our Year 10 students visited Cambridge University Library for a Charles Darwin workshop. It was fascinating to see some of the original artefacts and to engage in some work around using contemporary sources to find out about the reaction to Darwin's ideas in the Victorian period. In the afternoon we were lucky enough to have lunch at St Catharine's College and we were given a guided tour around the facilities by some current students. It was great to hear their experiences of Cambridge University and for our students to ask questions about the application process and university life.





# Year 6 Summer Reading Challenge



At Mildenhall College Academy, we believe reading is extremely important and we want to encourage you to read this wonderful book over the summer. The book is a gift from us to welcome you to MCA and we really hope you enjoy reading the story as much as we have!

You can read the book independently or you can listen and watch different members of staff reading each chapter by using the link or the QR code: <https://bit.ly/mca-when-the-sky-falls>

**PLEASE PUT YOUR NAME INSIDE THE BOOK AND BRING IT WITH YOU ON THE TRANSITION DAYS AS SOME OF THE LESSONS WILL BE EXPLORING THE CHARACTERS AND THEMES OF THE BOOK. YOU DO NOT NEED TO HAVE READ THE BOOK BY THEN!**



**Summer challenge:**  
There will be certificates and TRAITS points for completing some of the summer challenges in the grid. You can complete as many of the tasks as you would like.  
Your work or photos can be submitted to [Nicola.powling@attrust.org.uk](mailto:Nicola.powling@attrust.org.uk) or handed in to your tutor in September. Enjoy the challenge and we look forward to seeing the great work you can produce!

Write a review of the book and explain why others should read it.	Design an alternative cover for this book based on the story and themes.	Have a go at re-writing the last chapter to create an alternative ending to the book.
Research the bombings of London Zoo during the Second World War and present your findings in an interesting way.	Create a character profile for one of the main characters. You could draw a picture of what you think they look like.	Research the experiences of evacuees during the Second World War and present your findings in an interesting way.

During the recent Meet the Tutor Evening, Year 6 students were set a Summer Reading challenge. This can be found above and a link is also available under 'latest news' on our website: [www.mildenhall.attrust.org.uk](http://www.mildenhall.attrust.org.uk)

**Ambitious@MCA**





On the first day of Work Week, we had a day of activities and workshops to help us with our future after Sixth Form. Whilst there was an abundance of different areas in which students could learn valuable life lessons, students could tailor their experiences to specific topics they were interested in hearing about. The main focus of a lot of these workshops were on preparing for life at work and the types of experiences one could expect leading up to a certain job. Two areas in which preparation was a crucial point was within CV writing and personal statement writing where we explored how to structure and create a tailored “advertisement” for our individual qualities and skills both inside and outside of school.

Another useful part of Monday’s sessions was the contribution from Camden Boss, who held many sessions, including Sustainability and Inclusivity in the Workplace. Here, the staff allowed us to brainstorm our own ideas on how to improve these elements in the workplace, for example by setting up a council of sustainability or a diversity group in businesses. There was a focus on introducing us to essential life skills, for example in the First Aid session, in which we learned the basics of treating injuries that we may come across in our day-to-day lives, both in an academic setting and the workplace.

The second day of the Work Week was very similar; we again worked through a range of workshops to give us a multitude of skills for our futures. A session that multiple students came away from with more knowledge on the subject was Law with a lecturer from UEA. In this, the focus was centred on Criminal Law, as we watched clips from the television show ‘24 Hours in Police Custody’ and then quizzed ourselves on the aspects of the law that would be applied to certain situations. Some students who were already considering pursuing law found the session very informative, and others who had not even considered this route found that they now understood more about the laws that will affect them in their adult life.

An additional session with UEA that was very insightful was Budgeting for Life, where we were assisted in our exploration of Student Finance. First, we were educated on both student and maintenance loans, then we calculated our maintenance loans and applied it to life in university as we had to budget a week for ourselves which was more challenging than anticipated. Overall, the activities in the first two days of our Work Week provided uniquely beneficial information for our lives following Sixth Form that many of us will use in our futures.





After spending two days experiencing different sessions in the academy, on Wednesday, we left the Sixth Form and ventured to the University of Suffolk, located on the picturesque Ipswich waterfront. Despite a delayed start to the day, we eventually made it to the University and quickly went to everyone's respective sessions which included talks around Criminology and Midwifery as well as an Art show and a Student Ambassador question and answer session. One of the most popular sessions of the day was the Criminology talk in which we were given an activity where we had to identify criminals based on their physical features. The university lecturer who took the session was also very helpful in talking about university experiences and what comes with life at the University of Suffolk.

After, we ate lunch and split into groups to partake in a tour of the university. Within the tour we got to visit their Student Union, Library and Lecture Theatres. To add to this, we also got to visit the hold which is a collaborative project between the university and the local council in which local and county archives are held. Overall, the visit to the University of Suffolk was very enjoyable and was extremely useful in allowing students to explore potential further academic opportunities.

On the Thursday of Work Week, we visited Anglia Ruskin University in Cambridge to attend the UCAS exhibition held there. We spent our time exploring our options for university life through

the many stalls and ambassadors from universities there. The university staff were helpful with any queries we had, not only about their specific university, but also university life in general and the subjects we are individually interested in studying at degree level. A few universities that were particularly helpful were the University of Nottingham and Aberystwyth University, who personally spent time with any prospective student to work through the prospectus, talk about finance, subject-specific information, accommodation, social life and much more. If university wasn't a student's preferred route after Sixth Form, there was a section dedicated to Apprenticeships and other careers, such as jobs in the Army, providing valuable information for everyone. There were also refreshments available along with goodies such as pens, tote bags, pins, and water bottles, which only added to the experience. Upon leaving the exhibition, we had the opportunity to venture through Cambridge to eat, shop, and enjoy the beautiful sights that Cambridge has to offer, which made the day truly memorable.

Overall, the week was extremely inciteful as well as fun and enjoyable. It was a great chance for students to explore their options both surrounding going to university as well as apprenticeships and full-time work.

***Millie Chadwick, Ellie Prickett,  
Freddy Langford - Year 12***



We are pleased to announce the new Year 11 Prefect Team. It is a very special and important role that all of our students aspire to experience. We know that this year's team of prefects will be very successful. Their key role is to support academy events, be positive role

models and to support other students. It is a great privilege and achievement. Well done to all of the new team.

**Teamwork@MCA**



## House Council

The MCA Academy and House Councils have been working hard throughout the academic year to share student ideas on key topics in the academy. Meetings have been held each term and it has been fantastic to have so many superb ideas shared by the academy's student body. The academy council is formed by representatives from each house and also each of the student voice committees. Some examples of the topics students have discussed are:

- Feedback on the academy building
- Uniform
- Teaching and Learning
- Enrichment
- Praise culture at MCA

Mr Goodenough and Miss McGahan have been very impressed with the ideas and thoughts shared throughout the year and the positive changes the students have been involved in making.





# Summer Extravaganza

After three years of no concerts the Music Faculty finally got back to the stage with our 'Summer Extravaganza' concert.

What an amazing night it was with students ranging from Year 7 to Year 12 taking part. Well done to all, we are looking forward to 2022/23 full of lots more quality performances!



**Ambitious@MCA**



In January, some Year 9 students took part in a 'Mind and Voice' workshop that was facilitated by Bury St Edmunds Theatre Royal. These workshops explored student perceptions of mental health and anxiety and how it may impact them as individuals.

After these initial workshops, a series of steering group meetings were held with students who wished to continue with the project. These discussions gave students an opportunity to explore in greater depth the issues that they felt were relevant to them.

The project continued with the group being paired with a professional Director from the theatre whose job was to help the group shape and create their performance. After a series of weekly rehearsals, we are now approaching the performance stage of the project. The performance very quickly went in a non-naturalistic direction which has given students opportunities to develop their use of techniques such as direct address and audience participation.

We are so proud to present a piece of work that is so personal to the students who have created it. There was an invited audience of staff members from

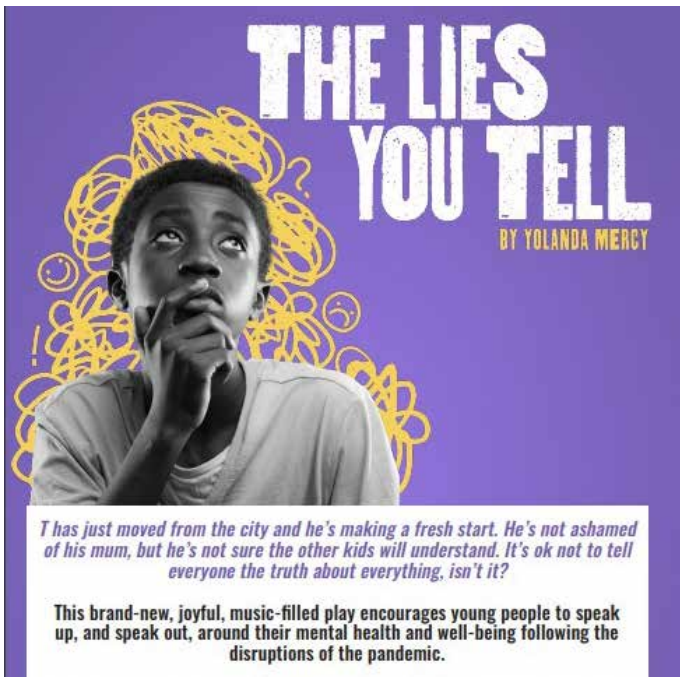
the academy, friends and family of the students along with professionals in the mental health field.

Ashley, Freya, Emma, Mia and Evelyn have worked incredibly hard on this performance and hope that the audience took away the message that there is always support available out there. The feedback received from the audience was phenomenal! It was suggested that the performance should be shown to a wider audience as it is felt both young people and adults would really benefit from watching it. The cast would like to leave you with the message of 'Be kind to your mind!'

Student Opinion: I thought it would be a great opportunity to spread awareness of mental ill health and what it actually is. I have really enjoyed it because we all got to work together and create a performance through our own experiences and ideas.







The week after the performance, practitioners from the Theatre Royal came into the academy to deliver workshops to Year 7 classes. These workshops explored the themes of the play while also developing student's use of dramatic techniques such as still images, mime, narration and characterisation.



In July, Year 7 students were treated to a live performance from a professional performance group. *The Lies You Tell* is a play by Yolanda Mercy and explores the story of a character called T moving from London to Suffolk. In order to fit in, he tells some lies which he then gets caught out on later on in the play.



The play explores themes of lying as well as being open and honest about our feelings. The play, along with its modern soundtrack, was very well received by Year 7 who enjoyed seeing lots of dramatic techniques in action.



Eddie's Opinion: *I thought it was really amazing how the actors could play so many parts in the performance despite the fact there was only three of them.*

Riley's Opinion: *It was a great performance to watch. I think the music really represented what was going on in the moment.*

# 'We Belong Here' Committee



At MCA we are proud to celebrate diversity and the members of the 'We Belong Here' Committee have been working really hard as a team this year to help our community feel inclusive and safe for everyone. The committee decided to plan and deliver a series of informative assemblies for LGBTQ+ Pride. They spoke about the history behind these events, why they are still so important today and how Pride is celebrated around the world. The students did a brilliant job, speaking confidently and passionately to their peers and communicating an important message.

This year the LGBTQ+ lunch clubs have been a real success with many students enjoying games, drawing and bracelet making as well as a quiet space to

catch up with friends. All students are welcome to attend these weekly drop-in sessions. The academy library now has an ever-growing selection of fiction and non-fiction representing more diverse characters and backgrounds and we will be continuing to add more titles to this collection in the coming months.

Looking forward to next academic year, the 'We Belong Here' Committee is planning to work more closely with MCA<sup>6</sup> students and outside speakers. We want to continue educating and raising awareness about diversity and inclusion so that everyone in our fantastic MCA community feels welcome and valued.

**Together@MCA**



# Academy Timings of the Day 2022-23

Now that we have been in our new building for a year and with transport times confirmed with Suffolk Transport we have amended the timings of the day to best meet our learning needs.

	Year 8 & 10	Year 7, 9, 11, 12 & 13
<b>Lesson 1</b>	09:00	09:00
<b>Break</b>	<b>10:15</b>	<b>10:15</b>
<b>Lesson 2</b>	10:35	10:35
<b>Tutor Time</b>	11:50	11:50
	Lesson 3 12:10	<b>LUNCH 12:10</b>
	<b>LUNCH 13:25</b>	Lesson 3 12:50
<b>Lesson 4</b>	14:05	14:05
<b>End of Day</b>	15:20 Homework Club and Enrichment Clubs	15:20 Homework Club and Enrichment Clubs



## Fieldtrip

Some pictures from our Year 10 Geography fieldwork trip to Cromer.





On Saturday the 25th June we were fortunate enough to attend the Royal College of Surgeons of England 'Cutting Edge Careers Workshop', at The University of Cambridge School of Clinical Medicine. We joined students from other Sixth Forms and were split into three groups, of roughly 15, to take part in a day divided between talks from a panel of individual speakers, and practical sessions.

Each speaker on the panel presented us with unique accounts on their motivation to choose surgery, how they balance life outside of the job, their pathways, what studying medicine is like, their experience of working in hospitals, and pros/cons of the profession. Many of these speakers similarly described their job as “demanding but highly rewarding”.

On top of this, we were able to engage with the panel and current medical students in even smaller groups during a speed mentoring session. This enabled us plenty of time to ask questions about surgery, medicine, pathways, and general student life. I was fortunate to have a highly interesting conversation with one of the main event organisers and RCS EoE Ambassador, Nick Dai, about the event. We spoke about how to utilise

such events in respect of effective ways to prepare questions and where to find contact details for the volunteers we'd like to speak to at a later date.

We had two practical sessions over the course of the day, one being a basic suturing workshop and the other being a laparoscopic trainer exercise. In the basic suturing workshop, we each had one-to-one contact with a volunteer who taught us 1-2 different suturing methods. It was here that they spoke with us personally about our futures and also their own experiences that lead them to pursue surgery. Likewise, we were in small groups during the laparoscopic trainer exercise where we were guided to perform tasks with varied difficulties using the laparoscopy trainer and had a further opportunity to talk to more volunteers.

It's very apparent to me how passionate and highly motivated the volunteers and organisers were about providing us with honest and inspiring information. They all offered us their emails and encouraged everyone to get in touch in the near future. Overall, we found the workshop very inspirational and would definitely recommend any future students to attend.

### ***Molly Merrill, Year 12***





## Internal Football Tournament

5 teams signed up for the after-school football tournament that has been taking place every Monday. All years from 7 to 10 were represented at the tournament. Each team played 30 fixtures and after the dust had settled the winning team was "Wood Army", who were 4 points clear of "Beans and Burgers". Well done to all the other teams which included, "Carpet Crusaders", "Simple Civilians" and "The Year 10 Massive".



## Girls Cricket

The U13 and U15 Girls' cricket teams played in the Suffolk County Cricket tournament on 28th June. Both teams played some excellent cricket and showed great progress as they played matches against several other teams. The students all played with a fantastic attitude and energy and thoroughly enjoyed themselves. The U13 team came 6th and the U15 team came 7th. Well done to everyone involved, we are really proud of your achievements!



## Leadership

A group of 15 MCA students ranging from year 7-10 attended the year 5/6 dynamo cricket tournament took place at a very sunny Mildenhall Cricket Club. The students were responsible for umpiring and scoring across 6 pitches. The students conducted themselves superbly throughout this event and were a credit to the academy. The students received plaudits from several of the primary school teachers for their impeccable conduct.





## Under 15 Super 8's

8 year 10 boys' represented the academy in the West Suffolk Super 8 Athletics. The boys' were a credit to themselves and the academy and demonstrated good effort and teamwork throughout the event. A special mention to Jude Hawkins, Alex Bradford, Aaron Giddings and Sam Smith who all won or came second in their respective heats. The boys' also came second in the medley relay which was a great achievement as this was a very talented field.



## Under 14 Super 8's

16 year 9 students represented the academy at the West Suffolk Super 8 Athletics. The students showed brilliant effort and sportsmanship throughout the event. A special well done to Caleb Graham, Jayden Godji, Vanessa Wilkins and Clara Armsby who won their individual heats. In addition to this both 4x100m relay teams won their heats which was a fantastic result. The boys team came 9th overall and the girls team came 3rd and we are waiting to see how the scores compared to other areas of the county for their overall position.

**Successful@MCA**



## Under 13 Super 8's

The Under 13s Super 8 Athletics took place at Bury Track on the 19th May with 16 students representing MCA. All of the students competed very well with special mentions to Henley Oldfield, Charlotte Jimenez and Ala Konoplanska winning their 100m heats. The students had an enjoyable afternoon and many went home with personal bests in their events. Well done to all involved.





## Under 12 Super 8's

The U12s took to their first athletics competition at Bury Track. Despite carrying several injuries on both teams, they still gave it their all. Henry Edwards won his 200m heat, Marika Wegrzyn flew to a 2nd place finish in the 100m and also used this speed to propel her in the long jump. Several students - Bailey Gibbs, Maxiim Mlityalwa and Darcy Coe - competed in events they had never practiced before such as the High Jump. Across the afternoon we racked up more 2nd and 3rd places. The students were encouraging and supporting each other throughout the afternoon and demonstrated excellent teamwork.



## Under 12 Rounders

The U12 Rounders team travelled to Sudbury for their first games of the year. They played a tournament against various other schools. This was their first time playing together as a team, and they developed through each game. The girls lost their first game, although started strongly in the batting innings. They narrowly missed a victory in their second game, with only 1 rounder in it. Their third game was tough, but they made some excellent catches, sending players from the other team out. By the end of the tournament, in their final game, they took the win and had found their best positions yet. The girls had a fantastic batting and fielding innings, scoring 7 rounders and getting 5 players out respectively.



**Ambitious@MCA**

## Under 13 Rounders

The U13 Girls Rounder's team took part in the Western Area Tournament in Sudbury. After a nervous start the girls settled into the games, narrowly losing to Stowmarket in the first game. The girls spirits where high going into the second game and some amazing batting from Ala Konoplanska, Je-anna Buckles, Amber Rutter and Summer Palfrey saw MCA score a number of tactical rounders. Heading into the final game against Sybil Andrews the girls scored 8 rounders with some excellent fielding and an amazing catch from Mazie Day. Lots of excellent rounders was played and an enjoyable afternoon was had by all involved.



Follow the PE Faculty on twitter  
[@MilPEdept](https://twitter.com/MilPEdept)

## Under 15 Cricket

The U15 boys cricket team travelled to Newmarket for their first game of the season. MCA batted first and were all out for a respectable 47. Ethan Warren-Taylor built a good innings, including some lovely cover drives. Zach Gibbins top scorer with 14. MCA gave a good display in the field. MCA took two Newmarket wickets after some consistent bowling from Zach Gibbins and Thomas Nixon. In the end Newmarket's quality just proved a bit much for MCA, who reached our total with 3 overs to spare. For some of the students this was their first game of cricket and all involved showed great determination and teamwork.



from Thurston Community College. In the first game, great batting from Ben Cross helped us to 68 runs from 8 overs which was too much for the other team to match, with them only reaching 32 runs. In the second game, the boys got beaten narrowly but still played exceptionally well for their first few games of the season.

## Under 13 Cricket

The U13 boys enjoyed their first cricket games of the season against two teams





A group of 20 MCA students assisted West Row Academy's sports day. The students ranged from year 7-10 and were all able to show great teamwork throughout the event. They were tasked with recording the results of 6 different events and demonstrating the correct technique needed for all of the different events. All of the students were very positive with the primary school students and demonstrated how an outstanding MCA student should act. It was a very warm day and there was even time for an ice lolly which was kindly provided by a member of staff from West Row Academy.

## MCA Sports Day

Throughout the summer term the year 9 & 10 students have been working collaboratively to organise their Sports Day teams. The students were fiercely competitive in rounders, basketball and football and the results show that the talent is equally spread across the four houses. In the rounders we saw some excellent teamwork and communication skills leading Brunel to become the successful rounders winners for 2022. In the basketball we saw an excellent display of skills from a range of students, especially the Cavell students who went

on to be the basketball winners. The Newton team showed real resilience in their approach and never gave up the fight.

The talent in the football was second to none with some excellent defensive and attacking strategies being employed. Austen came out winners of the football tournament overall.

Throughout the afternoon Brunel were the most consistent house accumulating 55 points, second place was Austen with 52 points, third place Cavell with 45 points and 4th place Newton with 37 points.

Some excellent teamwork and sporting determination made for a very enjoyable afternoon for the staff and the students.

The results are in and as follows:

**Rounders** – 1st Brunel, 2nd Austen, 3rd Cavell, 4th Newton

**Basketball** – 1st Cavell, 2nd Brunel. 3rd Austen, 4th Newton

**Football** – 1st Austen, 2nd Newton, 3rd Brunel, 4th Cavell

**Overall** – 1st Brunel, 2nd Austen, 3rd Cavell, 4th Newton

We were sad that we were not able to hold the Year 7 & 8 event but there will be lots of sporting opportunities again next academic year.

## 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 academy. 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.

**Resilient@MCA**



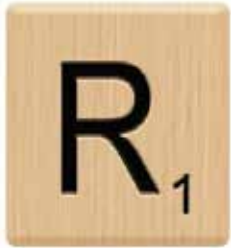


Mildenhall College  
ACADEMY



## Teamworkers

Together Everyone  
Achieves More.



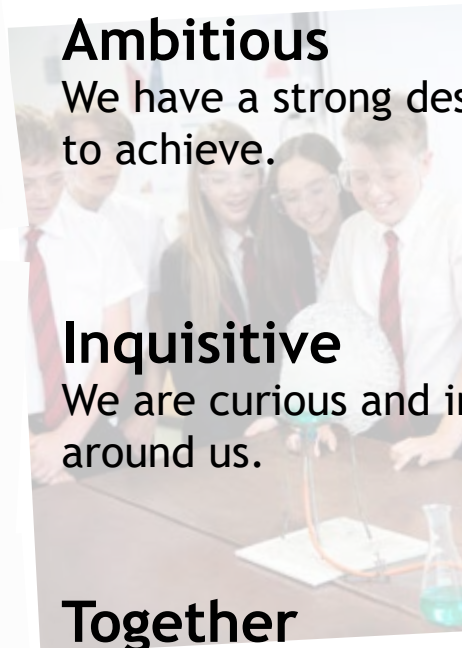
## Resilient

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.

