



December 2022



## Houses of Parliament Trip



Principal: Miss N Hood

Mildenhall College Academy | The Hub | Sheldrick Way | Mildenhall | Suffolk | IP28 7JX

Tel: 01638 714645 | Fax: 01638 510184 | Email: [MCA-reception@attrust.org.uk](mailto:MCA-reception@attrust.org.uk)

[www.mildenhall.attrust.org.uk](http://www.mildenhall.attrust.org.uk)

Twitter: @MilCollege | Facebook: Mildenhall-College-Academy





# Dates For Your Diary

Friday 16th December 2022 - Last Day of Term

Monday 19th December - Wednesday 21st December 2022 - Year 11 Winter School

Tuesday 3rd January 2023 - Students Return

Thursday 5th January 2023 - Year 11 Parents' Evening 5-8pm

Monday 9th January 2023 - Year 13 Mocks (2 Weeks)

Wednesday 11th January 2023 - West End Theatre Trip

Tuesday 17th January 2023 - Year 10 Parents' Evening 5-8pm

Friday 20th January 2023 - Year 10 & 11 Tate Modern Art Trip

Monday 23rd January 2023 - Year 10 Health and Social Care, Care Home Visit

Monday 30th January 2023 - Year 10 Health and Social Care, Care Home Visit

Thursday 9th February 2023 - Year 13 Parents' Evening 5-7pm

Thursday 9th February 2023 - Last Day of Half Term

Friday 10th February 2023 - PD Day

Monday 20th February 2023 - Students Return



***Don't forget to follow us on Facebook and twitter to keep up with important information and all the exciting things taking place at MCA***

Dear Parents and Carers

Welcome to our festive edition of the MCA newsletter jam packed with the exciting things that have taken place throughout this half term. It has felt great to have so much going on and to be 'back to normal'.

Over the course of the term there have been over one hundred sporting fixtures, auditions and rehearsals for our academy production for 'We Will Rock You', visitors around employment, music and drama, science clubs, lunchtime clubs and a range of residential and local trips. There are examples of these throughout the newsletter with stories and picture galore. It is testament to the students and staff that so much has taken place and it truly reflects the ambition, motivation and commitment of everyone. For everyone who has participated in any of these activities I extend my heartfelt thanks and appreciation.



The success of the academy and each member of our community is dependent on the strong partnership between students, staff and their families. Our TRAITS and aims can only be achieved and through a strong team effort and I would like to thank all parents and carers for the contribution you make to the success of the academy.

Finally I would like to take this opportunity to wish everyone a very Merry Christmas and a peaceful New Year!

Best wishes

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

Miss N Hood  
Principal

Work hard; be kind

Working together; supporting individuals

Some fantastic Year 9 baking skills.

Some of our Year 9 students had their food technology assessment in November and produced some amazing baking as pictured here.

They should be incredibly proud of their efforts.

As well as the Year 9 assessment work Year 7's have been baking rock buns, Year 8's creating swiss rolls and Year 9's making cheese straws!

Students have worked so hard and produced some wonderful results!

**Success@MCA**



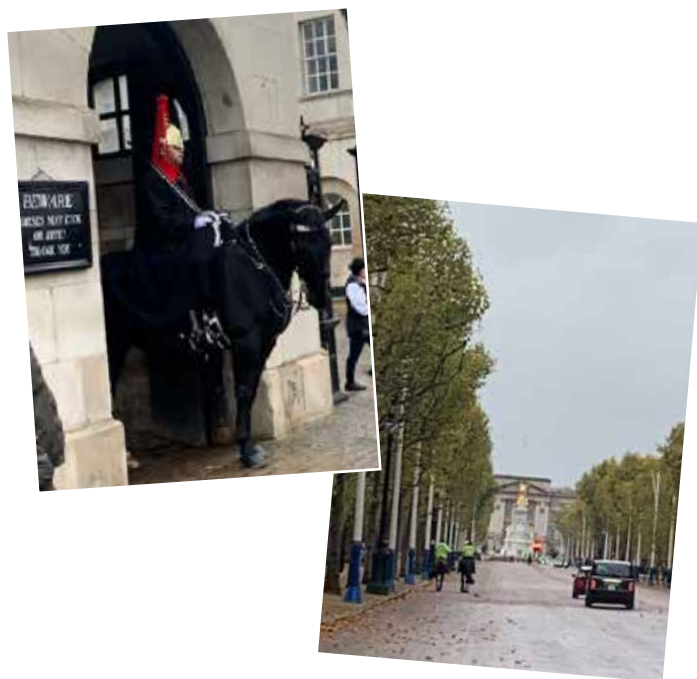


# Houses of Parliament



On Monday 7th November Year 11, 12 and 13 students were invited by Matt Hancock MP to have a tour of the Palace of Westminster. The aims of the trip were to look at the history of the building and the importance of government in modern Britain.

It was a really interesting day where students were able to see Government in action. The students representing the academy were brilliant and made MCA proud.



**Inquisitive@MCA**

THE MCA WAY - We are here to learn and be successful!



Mildenhall College  
ACADEMY

**A**cademic excellence  
**B**e the best you can be  
**C**ontribute positively to the community



We take PRIDE in our work because it shows we care about our education and it helps us to review and reflect on our learning and progress.



Presentation of work is important because organised and tidy notes and diagrams are useful to us when we need to revise and prepare for assessments and exams.



Every piece of work should have a title and date and these should be underlined with a ruler. We write in pen and we draw in pencil.



We record new vocabulary accurately and we take care with our spelling, punctuation and grammar. We take notice of corrections that have been made by our teacher.



We try our best during lessons and when doing homework to complete the tasks set so that we can demonstrate the new knowledge and skills we have learned.

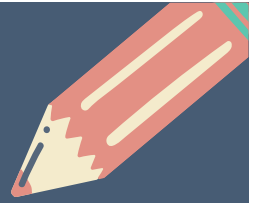


We contribute positively to our lessons and we take responsibility for our learning. We respond to feedback by completing DIRT tasks and showing we have understood by making improvements.

**Success@MCA**



**THE MCA WAY  
MEANS WE ARE  
READY TO LEARN  
BY HAVING THE  
FOLLOWING  
EQUIPMENT:**



**Your timetable so  
you know where  
you should be at all  
times**

**A black or blue  
pen (and a  
spare)**

**A ruler for  
underlining  
titles and dates**

**A green pen for  
responding to  
feedback**

**A pencil for drawing  
and an eraser because  
making mistakes is part  
of learning!**

**A scientific  
calculator for  
Maths and Science**



# HOMework

**HOMework IS AN IMPORTANT PART OF YOUR LEARNING AND IS PART OF THE MCA WAY.**

- IT HELPS DEVELOP INDEPENDENT WORKING
- IT ENSURES YOU RECALL LEARNING AND THEREFORE HELPS ENSURE YOU SECURE KNOWLEDGE AND KNOW AND REMEMBER MORE
- IT ALLOWS TEACHERS TO SET INDIVIDUAL WORK TO HELP YOU IMPROVE AREAS SPECIFIC TO YOU
- IT PREPARES YOU FOR THE REVISION REQUIRED FOR ASSESSMENTS AND EXAMINATIONS
- IN YEARS 10-13 HOMEWORK IS SET WEEKLY
- IN YEARS 7-9 MATHS, ENGLISH AND SCIENCE ARE SET WEEKLY WITH ALL OTHER SUBJECTS SET FORTNIGHTLY
- IF YOU DO NOT COMPLETE AND/OR HAND YOUR HOMEWORK IN ON TIME YOU WILL GET A DETENTION THE FOLLOWING DAY
- YOU CAN ATTEND HOMEWORK CLUB EVERYDAY AFTER SCHOOL WITH ACCESS TO A QUIET SPACE, STAFF SUPPORT AND IT

We have really appreciated the support from parents and carers in helping their child succeed with homework. Well done to the students for some excellent homework.

From half term Year 10 and 11 will have an after school detention for late or non-completion of homework. Year 8 will also continue to be set a detention but this will move to lunchtime. Year 7 and 9 will be added at a later date.

## Newton House

In Newton House, we have been actively promoting attendance in assemblies this year. We have also focussed on the Student of the Week linked to the MCA Traits.

We have reinstated the attendance and most improved attendance awards by bringing in the Not In, Miss Out Award (The NIMO award) and the Student of the Week Award has become the Delightfully 'Oarsome Respectful Young Person award (The Dory Award)



Newton Tutor groups get to keep Dory and / or Nimo in their tutor bases for the week.

We have also been making Christmas Angels as part of our Wellbeing Wednesday activities.

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## Health and Social Care Trip



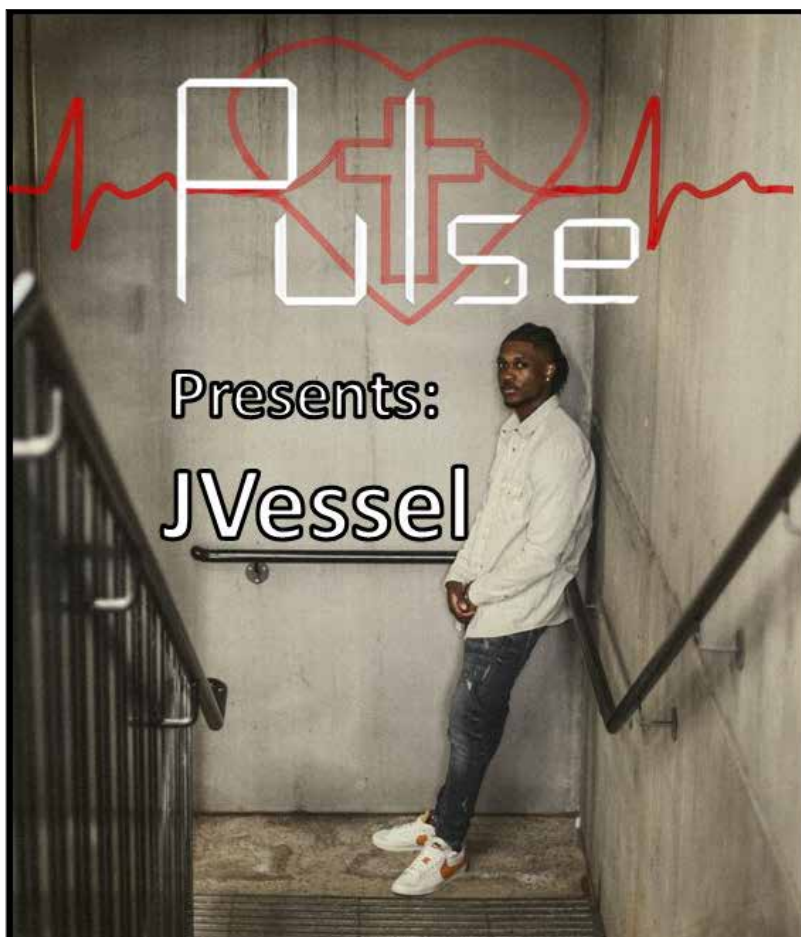
On Thursday 8th December the Year 13 Health and Social Care students headed out on a trip to support their learning on Nutrition for Health.

They visited Pizza Hut in Cambridge to assess the nutritional value of the menu and to research the issues facing people with particular dietary requirements. After sampling the buffet offering,

and completing their worksheet, they moved on to the Grafton centre where they evaluated the offerings of the various food outlets and delivered a random act of kindness!



**Together@MCA**



During the first week after half term we welcomed musical artist J Vessel into the academy to inspire our students. J delivered lessons to Years 7, 8 and 9 students in their SKL/ RE and music lessons

This was organised by local Churches working in partnership with Newmarket & District Youth for Christ.

*'I can't believe we had a rapper come to our academy. It was such a cool experience'* **Year 8 Student**

*'J's presence has caused a real buzz across the whole academy'* **Mr R Goodenough**

*'...J Vessel was IMMENSE!'* **Year 7 Student**

Well done to the students who have topped the 'Attitude to Learning' charts in their respective year groups. These students have consistently demonstrated the MCA Way and embodied our TRAITS throughout the Autumn term. Well done! In our end of Spring term newsletter we will also be celebrating the most improved students too.



## Year 7

- Abby Bosomworth
- Jessica Hinchliffe
- Eloise Myers
- Alfie Poole
- Jace Gannon
- Grace Lebbon
- Tobias Barrett
- Erin Hobbs
- Wiktoria Pawlak

## Year 8

- Marika Wegrzyn
- Callum Kay
- Mayumi Torres
- Evie Spark
- Beth Edson
- Isla Beale
- Archie Zawiasa
- Brooke Hudson
- Alicja Piasecka
- Grace Nixon

## Year 9

- Azia Glover
- Emma Butler
- Mia Ashton
- Stefan Jinga
- Elouise Nobile
- Constance Roe

- Jessica Sayer
- Evie Swift
- Olivia Baramuszcak
- Alexandar Basil

## Year 10

- Alexander Santos Nunes
- Evelyn Merrett
- Abi Stalker
- Imogen Johnson
- Ruby Edwards
- Florence Kent
- Constantine Tzinas
- Ruby Butcher
- Harrison Bailey
- Grace Peachey

## Year 11

- Abbie White
- Caitlin Packham
- Abbie Norton
- Tabitha Payne
- Chloe Traher
- Chloe Madgwick
- Joshua Carr
- Ryan Crowe
- Charis Neill-Gourlay
- Chloe Palmer

The BBC is the most watched tv station in the nation, so when myself and 15 other students got the wonderful opportunity to meet Eleanor from the BBC (along with her amazing colleagues from Causeway Education) to discuss new and exciting careers in the media, it really highlighted just how much the BBC team care about the younger generations.

Through games, activities and conversation we as a group got to understand just how much young people could be involved in such a widespread organisation and even learnt how to

apply for apprenticeships through the website – which then follow into the world of work, perfect for people my age who are considering apprenticeship opportunities.

Overall, it was an interesting experience and gave us a new career possibility to consider. With the media becoming ever more prevalent as days go on, it's fantastic that the BBC is reaching out to the younger generation in attempts to make this media more applicable and interesting for the new generation in society.

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## Police Visit

Over October half term I accompanied a group of sixth form students to assist Norfolk Constabulary with training for their call handlers. The students were provided with scenarios linked to a terrorist threat in Norwich and had to make a range of 999 calls giving a combination of key and irrelevant information which the call handlers had to determine and pass on as appropriate. The students were brilliant and demonstrated some very effective role play skills as part of the activity. Norfolk Police were so impressed by

them that they have offered a range of other opportunities to gain insight and experience of life working in the police. This is fantastic and not many schools have this opportunity.

## *Mr A Smith, Faculty Lead Social Sciences*



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## Music Success

I am delighted to announce that Year 13 Music student, May Barker, passed her ABRSM Grade 5 Flute Performance exam just before half term.

She had to play 4 performance pieces for this exam. Thank you to Mrs Sayer for accompanying her on the day.

# Wellbeing Committee

As an academy, we were invited to contribute to our community for the Christmas Season - St. Mary's Church in Mildenhall are hosting an 'Angels Festival' to celebrate the 600-year anniversary of the Church's angel roof.

The MCA Wellbeing Committee decided to make this a competition for tutor groups and then judged the angels and awarded a prize to the winning Tutor Groups. The prize was a christmas cookie break in tutor time and a certificate to celebrate the tutor group's achievement.

The Angels have been given to St. Mary's Church to be added to the display. The Committee were amazed at all of the wonderful creations and judging was very tough. Thank you to all MCA Students for your contribution to this Project and for supporting each other and your local Community!

Merry Christmas from your Wellbeing Committee!



## 10 TOP TIPS

For Good Mental Health



Together@MCA

Take Your Place work in Norfolk, Suffolk, Cambridgeshire, and Peterborough supporting young people to understand and explore all the options available to them after school or college. Higher Education Champions (HECs) from Take Your Place deliver talks, activities, and events to engage and support students in our academy.

Through online resources and events, they also offer free and impartial information and practical advice to parents and carers, so you can give your young person the support they need to make informed decisions about their future. Much of the support is shaped by the insight provided by a team of Parent and Carer Ambassadors – parents and carers who have supported their young

people into higher education and are keen to share their experiences to support other families.

With a NEW Parent and Carer webpage, animated videos, and a 'low down' guide to higher education, they're here to support you to develop your knowledge and understanding too.

Keep a look out for posts from Take Your Place social media accounts over the next few weeks and check out the website for useful resources, information and support.

[www.takeyourplace.ac.uk/pathways/parentcarer](http://www.takeyourplace.ac.uk/pathways/parentcarer)

**Facebook:** Take Your Place

**Twitter:** @TakeYourPlaceHE

**Instagram:** @takeyourplace\_HE

**TAKE YOUR PLACE**

Parents and carers,  
We offer free and impartial information  
about your young person's options after  
school or college.

Scan the QR code  
to see our Parent  
and Carer Guide

Go to  
[www.takeyourplace.ac.uk](http://www.takeyourplace.ac.uk)

Visit our Take Your  
Place YouTube  
channel

neaco

## Resilience and Ambition@MCA

Just a few reminders of our procedures if your child is ever absent;

- Please call in every day before 09:00 to report your child's absence. If an email is more convenient please email [Attendance.Officer@attrust.org.uk](mailto:Attendance.Officer@attrust.org.uk) to report the absence.
- If you don't inform us then the absence will be unauthorised.
- If your child has a medical appointment please provide us with the evidence so we can authorise it otherwise it will be unauthorised. A text appointment reminder is often sent so you can just email us a screenshot of this or show it in person when collecting your child.

- If your child is absent for 5 days or more then medical evidence must be provided to authorise the absence.
- We issue fines for all term time holidays.
- If your absence is for exceptional circumstances then you must email the Principal prior to the absence to seek her approval.
- If you need any support please contact the Attendance Officer and we will do all we can to help.

Thank you for your support



S2 & S6 04/11/22



B6 18/11/22

Here are some of our Highest Weekly Attendance Winners whose prize is an extra break and a free cookie.



B11 & S8 02/12/22



C10 25/11/22







My version:



16 of 16

Kelly Stanford's version:



Over the Autumn term, our Year 9 art students have been exploring the theme of Nature and developing the use of the formal elements. We have had water coloured succulents, pencil observational drawings, zentangled rocks, frottaged pumpkins and coloured pencil studies of butterflies.



To support our experimentation in the classroom the homework project has seen some beautiful work emerging from home. This proves how creative our students are wherever they are. One of the artists that has been researched is Kelly Stanford, who creates hyper realistic drawings of insects. Lexi Mann and JeAnna Buckle have both created their own versions seen here.

**Inquisitive@MCA**



Students having fun at science club on Mondays (week B)

Their challenge was to build the tallest tower using only 16 pieces of spaghetti and 10 mini marshmallows then to balance a large marshmallow on top.

AJ Thomas- Butters won with 41cm, closely followed by Jacob Weller and Miss Bird.

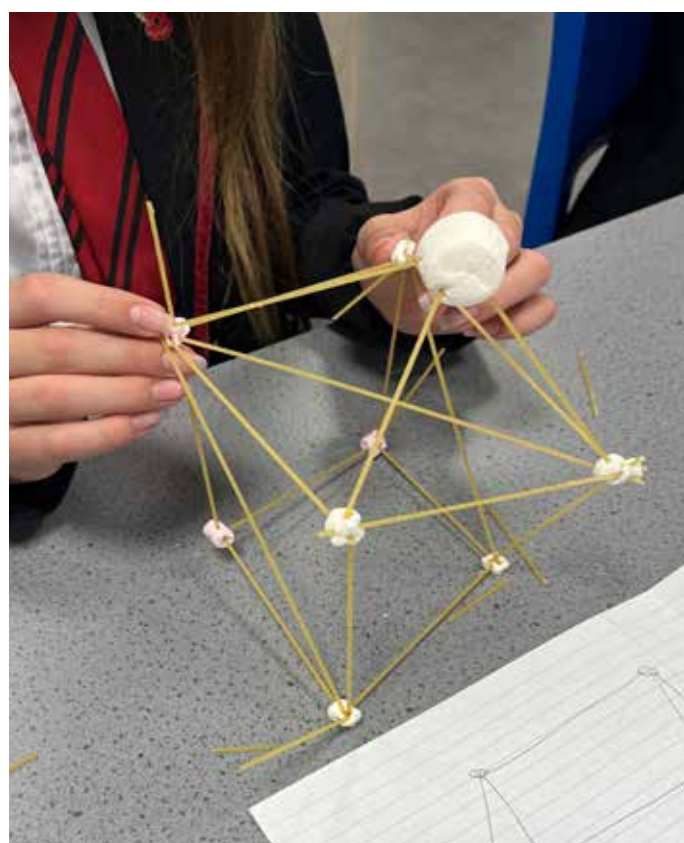
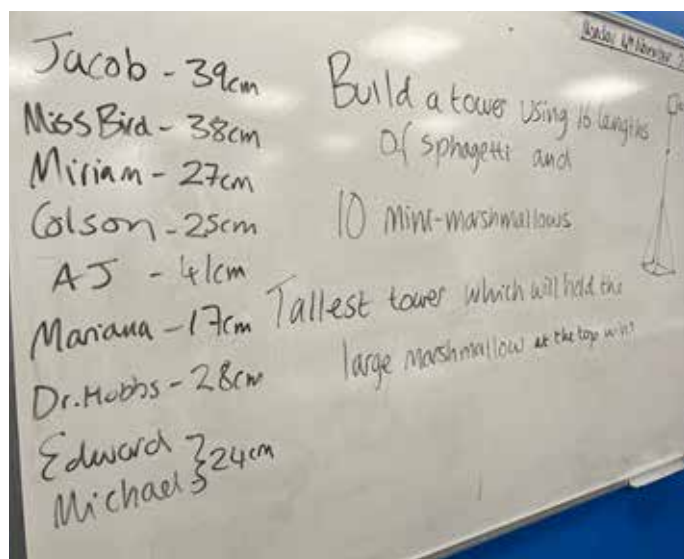
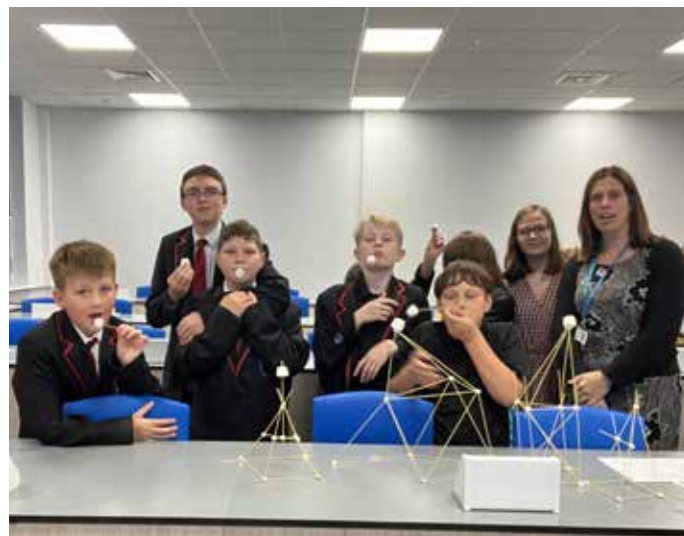
Science club are currently working on trying to find the best bath bomb recipe.

They have researched what makes a good bath bomb and what ingredients they need, and even tried out small-scale versions to test. The last session before Christmas will be used to test their formulations, make any changes and come up with their 'perfect' bath bomb.

## GCSE Astronomy Club Launched



Available to Year 10 students, this is an after school club involving learning about all aspects of Astronomy and a set of observational tasks. The aim is to sit the GCSE in Astronomy next year. The club is run by Mr Chubb, and we meet every Wednesday in G5. It's not too late to start!





Dear All

My name is Pete, and I am the new 'School Fire Liaison Officer' here at MCA. I am a fulltime firefighter working for Suffolk Fire and Rescue Service at Bury St Edmunds Station. There I work a shift pattern of 4 days on followed by 4 days off. These comprise of two-day shifts and two-night shifts. I also work as a retained firefighter at Newmarket Fire Station, and I am on-call for the remaining hours of the week.

Here at MCA, I am keen to work alongside the students and help in their day-to-day learning environment as well as mentor students who need additional support. I will also be working with some of the students at Mildenhall Fire Station to help them develop through practical scenarios that firefighters carry out on a daily basis. These practical and teamwork skills will closely follow MCA's 'TRAITS.' and assist in their everyday lives.

I am looking forward to working with many students across the different year groups and helping them with their individual needs and aspirations. My hope is that they enjoy working with me and gain from the time I spend at MCA.

It is the time of year to celebrate Christmas and decorate the house with lights, trees, and other seasonal items. Remember to unplug lights when leaving the house during the day and before you go to bed. Ensure that you do not overload plug sockets or extension leads as this could result in electrical faults, which can cause fires.

One very important thing to remember is to water your Christmas tree! If you like to buy a fresh tree, please ensure that you stand it in a pot that allows you to regularly water it. Central heating can very quickly dry the tree, leaving it completely void of moisture. Should a Fault with the lights cause a fire the tree will become fully engulfed in flames within seconds causing a fully developed fire within your house. The link below shows the difference between a watered tree and a tinder dry tree with the same electrical fault resulting in a fire. This video is not meant to worry you at this time of year but to consider the safety of you, your loved ones and your property. Merry Christmas and stay safe.





The Peace Village

At the end of November, 23 sixth form students had the opportunity to travel to Belgium in order to expand their knowledge of the First World War as well as learning the true story of the Christmas Truce.

During day one, we visited many different Commonwealth War Grave Cemeteries including Lijssenthoek Military Cemetery, Langemark German War Cemetery as well as visiting Talbot House and Hill 62 (trenches). At each cemetery, we had the chance to walk around and see the vast range of different regiments and nationalities as well as learning the stories of a few individuals who unfortunately lost their lives. One story that stuck out was that of Nurse Nellie Spindler. Nellie is one of two women to be buried in a Belgian war cemetery after being transferred to Lijssenthoek clearing hospital but sadly lost her life in a shell bombardment, making the visit to her grave even more poignant as we saw the extensive range of people involved in the Great War.

On the first night, we travelled to Ypres where we had some free time and an

appetising meal before walking over to Menin Gate to see the Last Post Ceremony. Every day since the end of World War One, the road at Menin Gate has been closed to allow the Last Post Association to play the humbling bugle call with it being followed by a short wreath-laying service. As a sixth form, two students were chosen to take a moment of reflection by laying the wreath which had a message reading, "Named or unnamed, friend or foe, to the world, you shall ALL be forever remembered." For everyone, the experience of hearing the call of the last post was touching as it accentuated the travesties of war and showed how it should still be remembered today.

The next day was similarly packed full of meaningful and exciting stops as we ventured to learn the true story of the Christmas truce. One of our first stops was the biggest war cemetery in Belgium, Tyne Cot, which is home to over 10,000 graves as well as accommodating a memorial with the names of over 35,000 soldiers whose graves are unknown. During our time at Tyne Cot, we learnt how to read a commonwealth war grave and had time to find different inscriptions written on the gravestones. Although many graves remained without words, some stood out with their personal touches and sweet commemorations. For example, the grave of Rifleman G.O. Smith read, "life is very sweet brother who would wish to die" showing how cruel life was in the war and how we should be grateful for those who fought for our country.

# Sixth Form Battlefields Trip

Away from Tyne Cot, we took a walk to Prowse Point which is where the Christmas Truce of 1914 took place, and we learnt about the events leading up to the truce. We discovered that despite there not being a full football match as many stories suggest, there was a general feeling of amicability in the trenches as German and British soldiers came together to talk, exchange goods, cut each other's hair and just have a break whilst on the front line. It was impactful to learn out the general brotherliness between the two sides during the truce yet also saddening to know that their expectations of war being over by Christmas were far from true and in years to come, these truces became less and less.

On the final day, we travelled to Bruges where we visited the Christmas Market. Throughout the day we all enjoyed some traditional Belgian delicacies as well as being able to start our Christmas shopping and immersing ourselves into the Christmas spirit.

Overall, the trip was a truly sobering experience which opened our eyes to the atrocities of the war and how it not only shaped history but how it has also impacted our lives today.

**Millie Chadwick, Year 13**



Tyne Cot Cemetary



Vancouver Corner



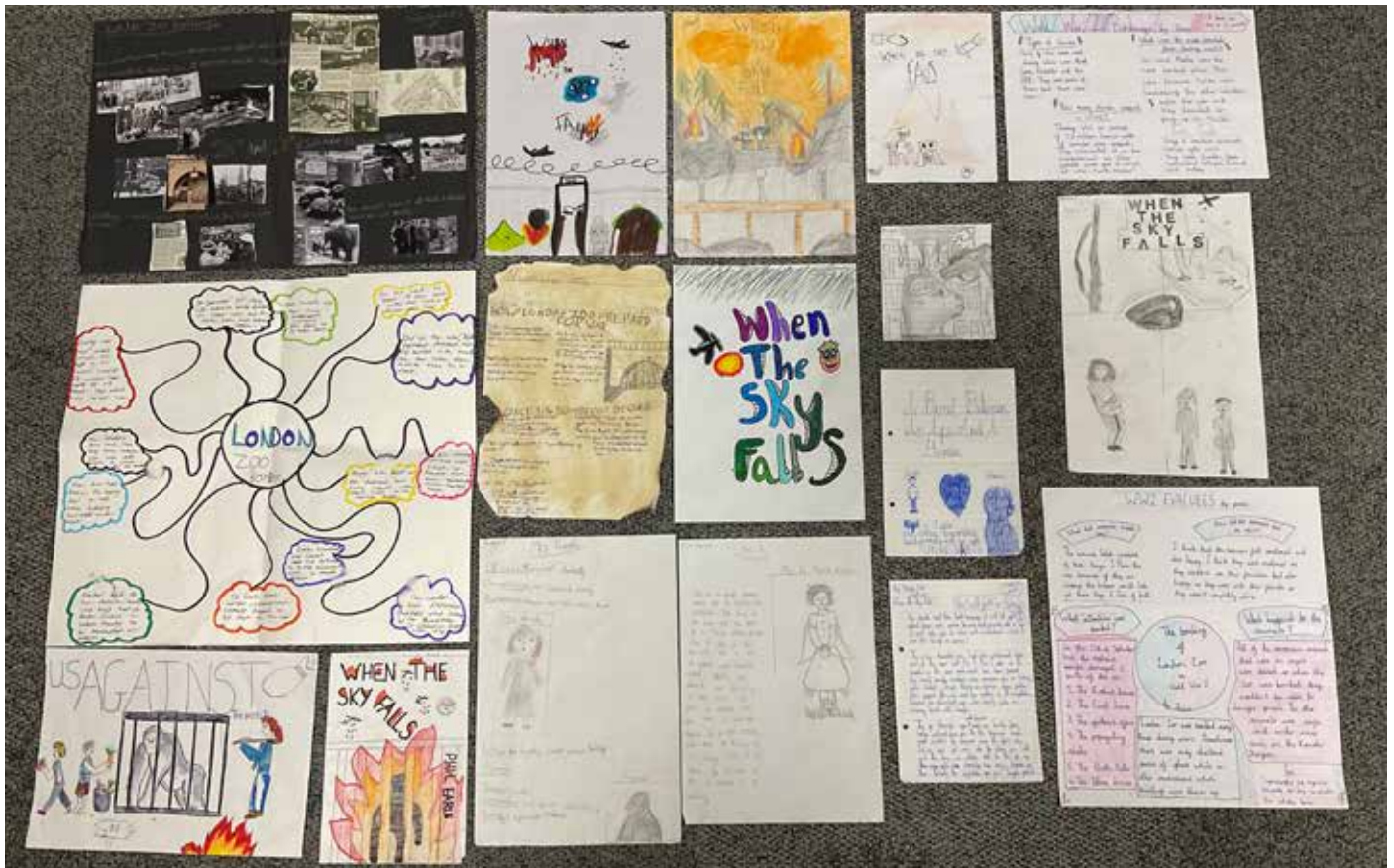


Thank you Team MCA for your amazing generosity in supporting your community

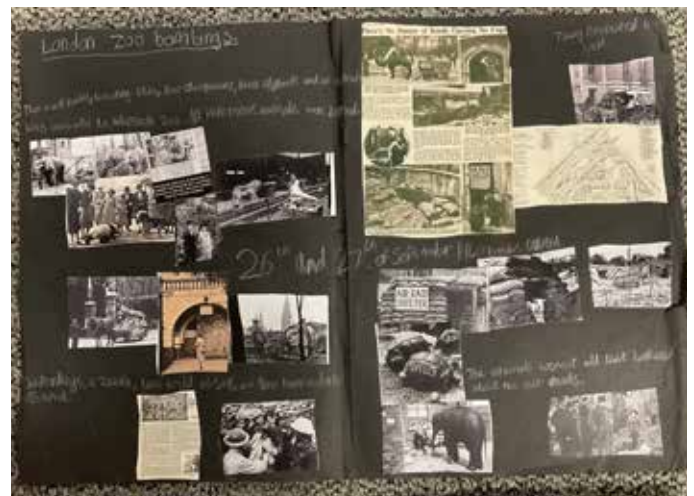


Visitors from JKH Friday 11/11/22

# Summer Reading Challenge



Here are some examples of the fantastic work created by Year 7 students over the summer holiday as part of the reading challenge. All Year 7 students received a copy of the book 'When the Sky Falls' and they were set some challenges including designing a new front page for the book, creating a character profile and researching some of the themes in the book. We were amazed by their efforts and the beautiful work that was created!



Well done to all of the students who took part and especially to our overall prize winners:

Molly Bright  
James McAulay  
Sam Ramsey  
Zack Stanford  
Jessie Ulph-Shearer

Kaitlyn Fuller  
Katie Nankivell  
William Sekula  
Charlie Swift  
Mia Wood



## U14 Football

The year 9 football team endured a tough game against Stowmarket Academy on the 22nd of November. They knew it would be a hard game as Stowmarket had knocked out last years winners of the cup in the previous round. Nevertheless, the boys stuck together to put on a resilient performance.

At half time, we were 3-0 down, but felt hard done by the score line as we had as many chances as them but just could not finish them off. The second half was a much closer affair, with the boys battling hard with Kian Hall blasting in a great strike to make it 3-1 just before the final whistle.

The U14 football team enjoyed their football festival at Breckland school against Breckland and Newmarket. The squad showed really good unity and teamwork to come away with two very comfortable victories, as well as keeping clean sheets in both of their games.

## U16 Boys Football



The U16 boys' football team lost to a very talented Thurston side. MCA had periods of good possession but struggled to tame the potent Thurston attack. Superb effort was shown throughout from Casper McCormack, Jude Hawkins and Alex Bradford who did score MCA's only goal of the game. Final score Thurston 6 - 1 MCA.

They then lost their second game of the week 2-1 to a very organised Breckland side. MCA took the lead through a wonderful strike from Sam Brown. Breckland hit back with too late goals to take the deserved win.

Both sides played some fantastic football and it was competitive with both teams giving their all to win. Superb effort shown from Jude Hawkins, Casper McCormack, Hayden Harvey and Sam Smith.

## U15/16 Netball

The U15 and U16 Netball teams have been in action this half term with several fixtures against other schools. The teams have shown some great progress with their netball across the games and have played some excellent matches.

Both teams have played County Upper, Thurston and Stowmarket this term. The highlight scores from the matches were the U15's drawing 6-6 with County Upper and the U16's beat Thurston 6-5. Well done to all the students involved!



## U15 Boys Rugby

On 22nd November, the Year 10 boys rugby team competed in a tournament at Stowmarket Rugby Club. They played a total of 5 games, winning all 5 of them. They played Ixworth in the first game, beating them 3-0 and then again later on beating them 5-0. The other games were more competitive, including a 1-0 win against Sudbury and a 2-1 win against Stowmarket.

The tournament ended with a 1-1 draw against King Edwards School. Unfortunately, this ended early, due to an injury to the opposition. The boys showed great sportsmanship during the injury, as well as resilience after going behind during a couple of the game, as well as teamwork throughout the day. Tries scored from: Andre lordache x2, Tyler Kilroy x3, Anesu Benyu, Riley Stannard, Harley Mason x2, Chase White and Sebastian Mugabe

## U16 Boys Rugby



12 students from year 10 and 11 competed in a round-robin rugby tournament at Stowmarket Rugby Club. They began proceedings with a narrow 1-0 loss to Stowmarket High School. They were back to winning ways beating King Edwards 2-1 thanks to tries from Richy Edson and Aaron Peacock.

The boys then lost to a very talented St. Benedict's team 2-1, with our only try of the game coming from Caleb Graham. MCA then finished with a narrow 1-0 win against County Upper, with a very well-worked try from Andrei lordache. The boys demonstrated good teamwork throughout the event.

## U14 Boys Basketball

The U14 boys enjoyed their first fixtures of the season playing at home on Monday the 14th of November. Their first match was against Breckland and after a slow start they managed to pull together a strong team performance with the help of Mr Day (coach), scoring plenty of baskets in the final 2 quarters winning the game 33 - 6. The second match was a much tougher affair and it was clear to see early on that the game against Castle Manor would be harder than the first. Despite MCA's determination they got beaten 16 points to 6, however still made the game competitive and thoroughly enjoyed the event.

## U15 Futsal

The U15 boys futsal team enjoyed a successful evening at King Edwards School competing against 3 other teams during a competition and winning all 3 games in fine style. They won their first game 3-0 against King Edwards School, before beating County upper and Breckland 3-1 and 5-1 respectively. The boys put on a really good team performance scoring some very well worked goals and thoroughly deserved the victories. MCA will now progress onto the Suffolk Futsal finals in the new year.

## Sports Leaders



Our MCA Leaders returned to Great Heath to support with the Primary Schools Develop Football Competition. The weather held a little better this time and we had a number of new students, taking up the leadership opportunity.

Again we had a variety of students from Year 8 to 10 involved. Our leaders were encouraging the participants, whilst officiating, creating a lovely atmosphere. Without our leaders, the competition would not have run as smoothly. They did another fantastic job!

## U14 Basketball

The U14 girls basketball travelled to King Edwards School for fixtures against King Edwards and Ixworth. The girls were very nervous before the start but a lot of strong will and fight from Phoebe Hunt, Summer Palfrey and Je-anna Buckle helped the girls to claw back to a levelled score at half time of 8-8. However, in the 3rd and 4th quarter King Edwards pulled away to a 18-12 win. During the second game against Ixworth the team found their rhythm. Some handy shooting from Mazie Day and clever play from

Ala Konoplanska saw the girls lead at half time. Cameo's from Maddie-Rose Welsh, Lyric Allen and Eloise Noble helped the team to storm away with a 28-12 victory.

## U13 Boys Football

The Year 8 football team have started the year off strongly, beating Samuel Ward 5-0 at home. This was our first game at 11 aside as a team, and they started off as strongly as last year. MCA played some great football, managing to keep the ball on the floor well in windy conditions. Oliver Harvey and Henry Edwards played well in midfield, as well as the work rate of Bailey Gibbs on the wing. Aeden Bennett played his first game for MCA and was solid at the back. Goals from Jesse Logan, Maxim Mlityalawa, Bailey Gibbs, Dylan Shaw and Max Rose. We will play either Breckland or St Benedicts in the next round.

The U13 Football team have played their first game of the county cup. They beat Breckland 7-1 at home. The boys started really well, scoring in the first 30 seconds of the game and then continued to dominate. Some good goals were scored, with some great football to watch along the way. Star performances Maxim Mlityalawa, Henry Edwards and Robin Munro in the centre of midfield, who managed to control the game. As well as a hattrick from Bailey Gibbs.



Follow the PE Faculty on twitter  
**@MilPEdept**



### **U12 Junior NBA**

On the 29th of November Mildenhall college academy took on Breckland in MCA's first ever Junior NBA match in schools' history! As the jump ball started the action, Mildenhall went on a 4-0 run in the first quarter with some smart shots inside the key from Oliver Gray. Breckland managed to pick up the pace in the second quarter with some good shooting and easy lay ups to give the advantage to the hosts with a 6-4 lead at half time. Despite the outstanding effort from MCA, Breckland managed to win the game 12-8. For the second game of the day, MCA matched up against King Edwards School. In the first half the effort from both teams was outstanding and neither team gave up any points at all despite some very close misses from Gracie-Mai and Lorenzo Heidecke. The scoring finally opened up with a very impressive hook shot from Oliver Gray in the 3rd quarter. Despite MCA intense defence King Edwards managed to score two tough midrange jump shots to give them the win with a final score of 4-2.

### **U13 Junior NBA**

On Tuesday 6th of December Mildenhall College Academy took on Thomas

Clarkson Academy in MCA's first ever Year 8 Junior NBA match in schools' history! As the jump ball started the action, Mildenhall went on scoring the first points in the first quarter by a calm layup by Morgan Kachokammanja. MCA managed to hold onto the lead by good jump shots by Harry Houlden to go into halftime 6-2. Despite the great defensive effort from MCA, TCA managed to throw in two very deep 3 pointers which swung the advantage in favour of TCA. Final Score 12-10 to TCA.

For the second game of the day, MCA matched up against King Edwards. In the first half the effort from both teams was outstanding, both teams couldn't stop scoring! With a handful of points coming from Morgan Kachokammanja and Harry Houlden and some blocks from Arhan Caglar. Going into Half time with a Score of 16-17 in favour of King Edwards. Despite MCAs emphatic scoring display King Edwards managed to come out on top with a final score of 26-28.



## U14 Netball

The U14 girls were playing their home tournament for the Netball league against Breckland, Sybil Andrews and Ixworth School. The girls started their first game against Breckland in a very strong position, going into the second half 5-0 up. Sharp shooting from Mazie Day and Jess Stafford with some great feeds into the circle from Macey Alecock and Laila Ashby allowed the girls to come away with a 10-2 win. The girls next game against Sybil Andrews was slightly tougher. The girls did go in to half time 5-1 up, with great defensive work from Lila Keogh, Lyric Allen and Phoebe Hunt. The girls pressed on and came out on top as 7-3 winners. Going into the last game against Ixworth the girls confidence was high and stormed the first half winning 6-0. Amber Rutter came on for a cameo appearance and played very well with a massive smile on her face. The girls once again came out on top 11-5 winners. Well done to all the girls for their Netball season only losing 1 game out of 6. A huge achievement also coming 4th in the West Suffolk tournament. Well done girls!

## U15 Girls Football

On Monday 7th November the U15 girls have their first round game for the county cup. After a nervy start the girls were 3-0 down but after settling in the game and some great play between Ala Konoplanska, Summer Palfrey and Darcy Coe the girls pulled a goal back to go into half time 3-1 down. Following the break the game then yo-yoed with a great header from Ala from Clara Armsby's corner to make the game 3-2. Beth Edson

battled on in goal to make some fantastic saves unfortunately County then went 4-2 up. The girls fought back with some brilliant defending from Belle Clark and another goal from Ala, 4-3.

The girls could see a fight back coming and Ala then hit the bar to stop us from levelling up to 4-4. County caught us on the counter and clawed their 2 goal advantage back to 5-3. Determination and resilience did not let the girls down and a 4th goal from Ala pushed the girls to 5-4 in last 10 minutes of the game. Midfielder Sarah Rose fighting the cause for MCA pushing forward to try get an equaliser but unfortunately County caught us on the counter attack again and scored a 6th goal. The game ended 6-4 to County. The girls should be incredibly proud of themselves and the way they played including debuts for Millie Pammenter, Kody Watkins and Peyton Strike. Well done girls, a well fought game.



**Teamwork@MCA**

## U13 Netball



The U13 netball team travelled to Samuel Ward Academy for their first tournament of the year. The girls did extremely well displaying their best performance to date, returning home undefeated! The playing conditions were not pleasant with temperatures dropping to freezing. In the first game the girls won 4-0 against Stour Valley. In the second game, which was undoubtedly their best game, Mildenhall won 5-0 against Stowupland, demonstrating some excellent, flowing netball. The final game was our hardest, MCA were well and truly frozen through and drew 1-1 against Sybil Andrews.

Hannah Rolfe scored 8 goals, with Kai Chiwotswa getting 2 as well. Laila Ashby commanded the court and provided needed support and advice on and off the court. Isla Beale, Eden Benion and Marika Wegrzyn provided solid defensive roles, intercepting passes consistently. Grace Henderson, Blossom Williams, Darcy Coe and Jessica Lee all provided fabulous support play for our shooters. Well done MCA!

## Crufts

On Saturday 5th November Year 8 student Jean Townsin went to Staffordshire and competed in a championship dog show which means Jean and her dog Olive have qualified to compete at Crufts next March.

Jean competed with Olive, her youngest Tibetan Spaniel who is a 11 months old. This is a great achievement as this is the most prestigious dog show in the world with 22 thousand dogs competing.





## Clubs and Activities AUTUMN 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
First Lunch (7/9/11)	Yr 7 & 9 Football Astro (Week A)  LGBTQ+ Club S22 (Week A)	ESports, Years 9 & 11 G14	11B GCSE Music Drop In S12 (Week B)	Yr 11 Football Astro (Week A)  Basketball Sports Hall  Year 7 & 9 Keyboard Club S12 (Week B)  Computing careers G14 (years 9&11)	11B GCSE Music Drop in S12  Basketball Sports Hall  Games Club S21 (Week A)
Second Lunch (8/10)	Basketball Sports Hall  LGBTQ+ Club S22 (Week B)	Badminton Sports Hall (Week A)  Football Astro (Week B)	Year 8 Keyboard Club S12 (Week A)  ESports G14	Football Astro (Week A)  Basketball Sports Hall (Week B)	Badminton Sports Hall (Week B)  Games Club S21 (Week B)
After School	BAND S12  Homework Club Library  Basketball Sports Hall  Science Club Coming Soon... (Week B)	11B GCSE Music Drop in S12  Homework Club Library  Performing Arts Club Drama Studio  Badminton Sports Hall	Homework Club Library  GCSE ART F20/ F21  Rugby Field  Netball Hardcourts  Fitness MCA6  Lego Engineering G14	Singing Hub S12  Year 11 Further Maths S2  Homework Club Library  Basketball Sports Hall  BTEC Sport G6  Football Astro (Week B)	Homework Club Library  Basketball Sports Hall

## 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**



T<sub>1</sub>

## Teamworkers

Together Everyone Achieves More.



R<sub>1</sub>

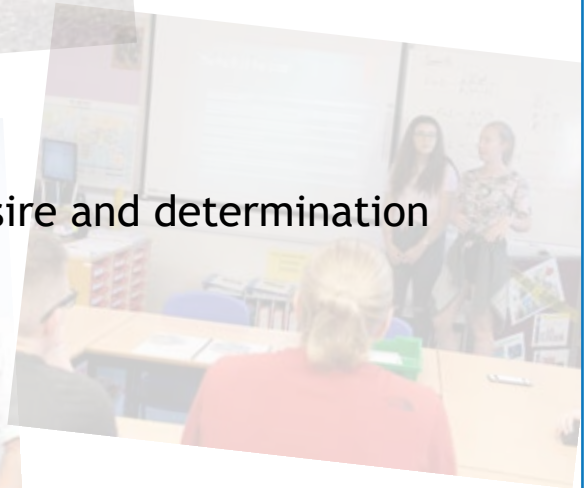
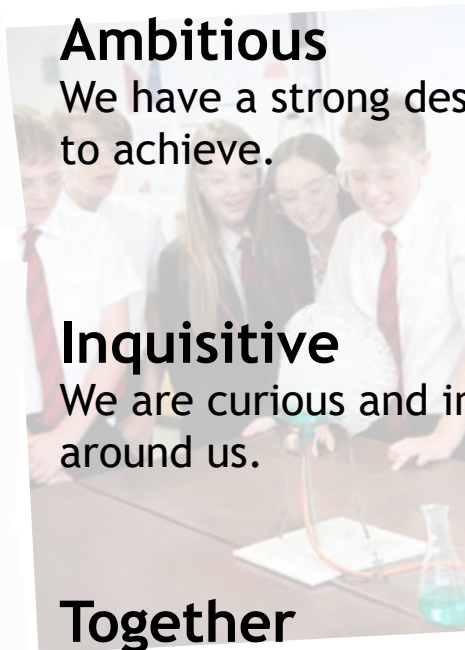
## Resilient

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

A<sub>1</sub>

## Ambitious

We have a strong desire and determination to achieve.



I<sub>1</sub>

## Inquisitive

We are curious and interested in the world around us.

T<sub>1</sub>

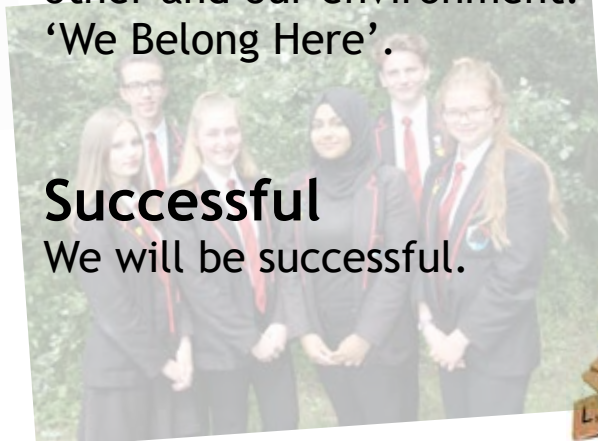
## Together

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

S<sub>1</sub>

## Successful

We will be successful.







Ana Custodio, Year 10



Hannah McPherson, Year 9



Kayleigh Lebbon, Year 8



Congratulations to our Christmas card design winners.

Merry Christmas and Happy New Year to all our readers

