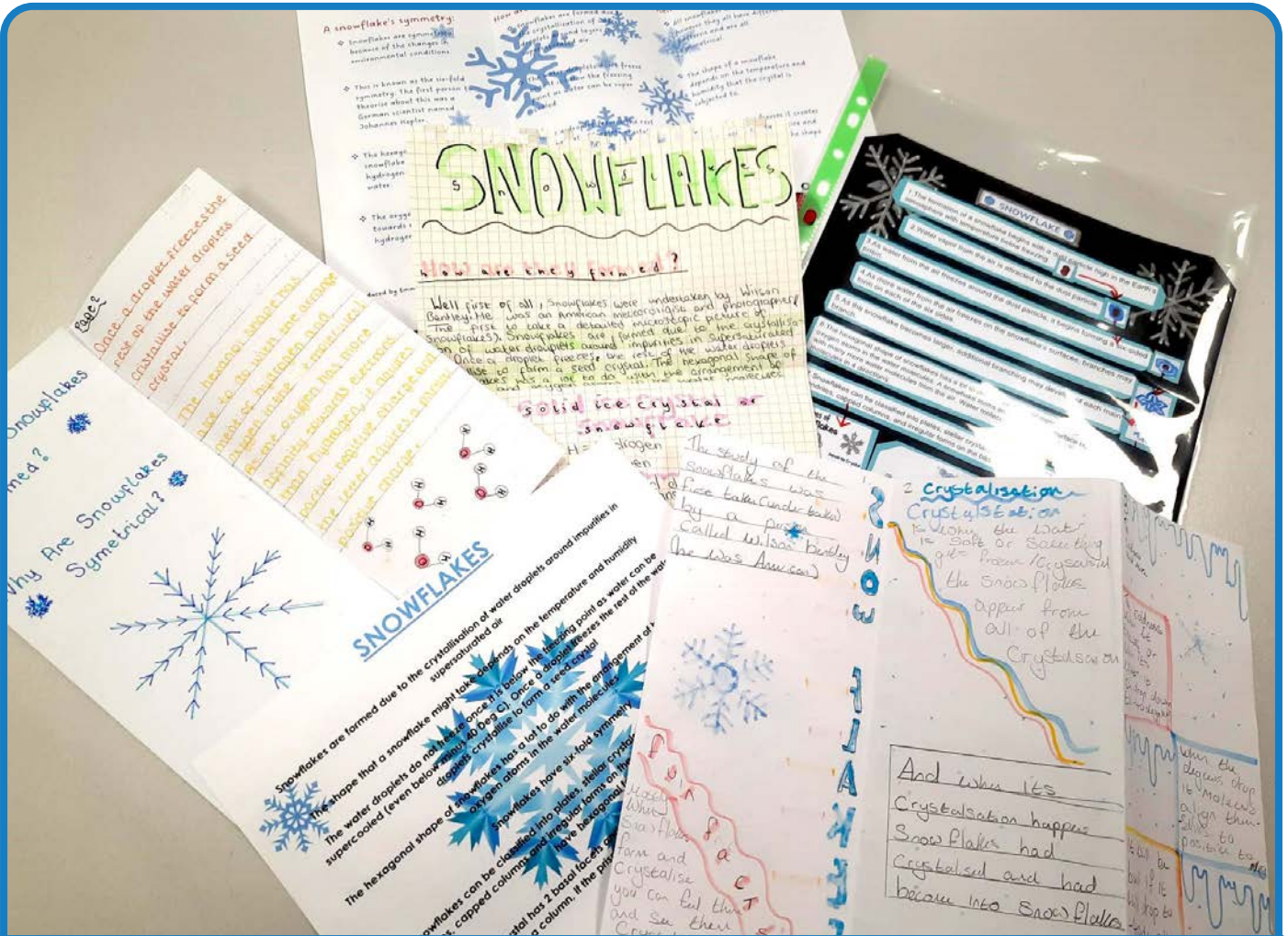


February 2023



Exemplary Work at MCA

Principal: Miss N Hood

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

Tel: 01638 714645 | Email: MCA-reception@attrust.org.uk | www.mildenhall.attrust.org.uk

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



Dates For Your Diary

Thursday 9th February - Last Day of Half Term

Friday 10th February - PD Day

Monday 20th February - Students Return

Monday 20th February - Year 11 Mocks - Week 2

Monday 27th and Tuesday 28th February - Year 11 Business Conference

Thursday 2nd March - Year 12/13 BTEC Sport University Trip

Thursday 16th March - KS4 Choices Evening 5-7pm (TBC)

Tuesday 28th - Thursday 30th March - Academy Production 'We Will Rock You' 6pm

Thursday 30th March - Year 11 Thorpe Park Trip

Tuesday 28th March - Year 12/13 Crime Day 1

Wednesday 29th March - Year 12/13 Crime Day 2

Friday 31st March - Last Day of Term

Monday 17th April - 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 February Half Term newsletter. Inside are a wide range of examples of all the great things taking place every day at MCA.

In this edition of the newsletter you will find an introductory article from the Mental Health in Schools Team who will be contributing regularly to offer strategies and updates to help our young people manage their mental health so that they can be happy and successful and confident to take up the opportunities the world and their education provide. They are just one of the many partners we work with to help support our students so that they can thrive in their education.



Education is our priority as a secondary school and a good education helps prepare us for the many challenges and successes throughout our lives. Research strongly shows that those students who engage in their education go on to lead happier and more financially secure lives. Of course, this is not 'everything' and there are those who buck the trend but it is important that the value placed on education is shared by everyone as it is a fundamental right and underlying principle in our society.

In order to access the excellent educational opportunities students need to be in a place to do this. Schools work hard to break down barriers and to support students and this must be with the view to students being in school, in lessons and meeting the expectations in place so that they can open doors, build lifelong happiness and develop the skills to be successful and have choices. School, like life, is not always easy or the way we want it to be but with the right skills and the resilience and desire to overcome these instances we can go on to lead happy and fulfilled lives.

I hope you enjoy reading about our amazing students as much as I have. I wish you all a wonderful half term.

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

Lion King Theatre Trip

On a cold January day students from MCA visited the Lyceum Theatre to watch a performance of Disney's The Lion King. For many students this was their first time visiting a West End show and for some students it was their first visit into London.

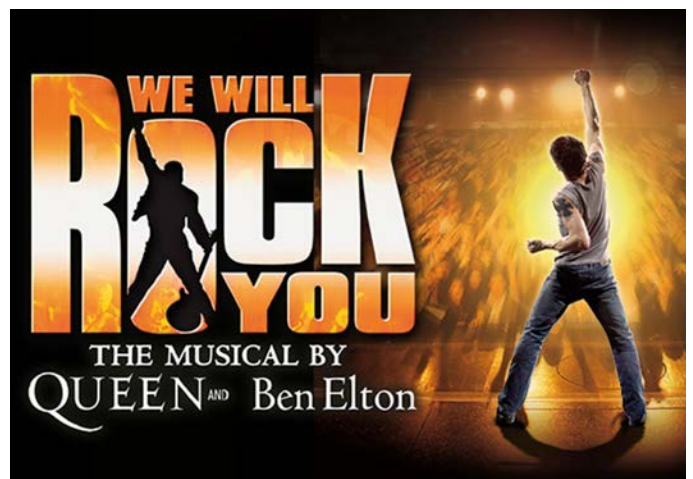
After a good journey into London students and staff visited the famous Covent Garden to have their lunch and soak up the atmosphere.

We then took the short walk to the Lyceum Theatre for the performance. Students were amazed by the show and it was an absolute pleasure to watch students faces in astonishment watching the live performance.



We Will Rock You

Coming to MCA this March! A cast of students have been rehearsing since September for, what promises to be, an amazing show. The lead roles of Galileo and Scaramouche are being played by Year 9 students Luis Baptista and Chloe Fuller with the fierce 'Killer Queen' played by Tamara Essombe. The show is on from March 28th - 30th.



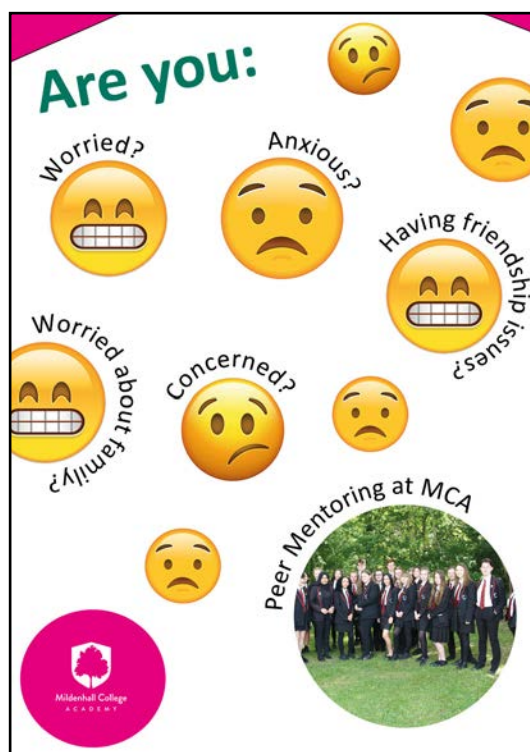
Ambitious@MCA

Peer Mentoring

We currently have 38 peer mentors from Year 11, 12 and 13 who have completed their Peer Mentor training.

The peer mentors are working with a cross section of students from years 7 to 11 to help and support them in their behaviour, peer interactions, self esteem and self confidence.

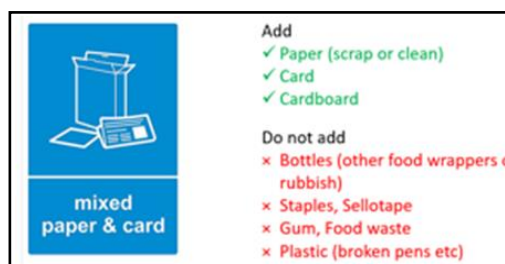
Mentoring gives them a safe space to talk each week and share anything they are finding challenging from academics to home life and friendships.



Environment Committee

The environment committee have been out in force delivering new dry recycling bags to all teaching rooms within MCA. The students will be emptying the bags weekly. It is estimated that the academy will begin to recycle several hundred kilos of paper over the course of the year.

The environment committee have also been completing a weekly litter pick in and around The Hub!



National Apprenticeship Week

The week commencing 6th February is National Apprenticeship Week. Students in MCA will be learning all about apprenticeships during the their tutor sessions.



In Skills for Life lessons this half term we have been learning about the following topics.

Year 7 – Understanding the idea of ‘Fair Trade’, how to build connections to make ourselves more employable and the importance of living in a diverse society.

Year 8 – Legal classifications of Drugs and the laws around drugs, the dangers of smoking and vaping and how to interpret various media sources and checking their legitimacy.

Year 9 – Sexual harassment and objectification, the influence of social media on the view we have of ourselves and discrimination.

Year 10 – Mental health and wellbeing including, suicide, self-harm and eating conditions.

Year 11 – How to revise, what to revise and looking after your well-being during exams.

Year 12 – Pornography and its impact on society, fertility and what may impact it and the importance of a healthy relationship.

Alongside our normal studies all students have been completing a county wide survey on mental and physical wellbeing coordinated by My Health, My Future Suffolk.



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



Mildenhall College
ACADEMY

Academic excellence
Be the best you can be
Contribute 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

Austen House

Austen House continue to have an excellent academic year. Many Austen students have been demonstrating the MCA TRAITS on a daily basis and have been working really hard in lessons. The students below have been nominated as Austen 'Students of the Week' since November.

Joshua Margrie, Nela Bisewska, Ndadiwa Benyu, Mia Butler, Lacie Scott, Xavier Berry and Erin Hobbs.

Attendance and punctuality continue to be a focus for Austen House and A5 are leading the way with winning the weekly tutor group award for attendance a fortnight ago.

Brunel House

This half term we have many contenders for Student of the Week. The recipients of the award have demonstrated aspects such as a superb attitude to learning, demonstrating the MCA TRAITS across their lessons, being a role model in tutor time, achieving the highest TRAITS points in Brunel House. Those students were:

Riley Gibbs, Jorja Wootton, Katie Nankivell, April Haley and Maisie Quinn. I look forward to awarding the award to other students this half term for achievements both inside and outside of the academy.

Cavell House

The following students have been given Student of the Week certificates in

assembly for their continued hard work and achievements:

Edward Cruikshank, Harriet Astill-Dunsieth and Bianca Galvao – for their continued hard work in the Environment Committee and litter picking around the academy.

We are so proud of the continued hard work and effort by all of the students in Cavell. The support offered by students to each other during tutor time is fantastic to see and so many of our students are demonstrating the MCA Way and MCA TRAITS. Lots of our Cavell students are regular and active members of the academy committees and we are really proud of the impact that they are having around the academy.



Punctuality and Attendance are still two of our main focuses for students – a big congratulations to C4 who won our Academy Attendance Award for the week beginning 23rd January. We hope that you enjoyed your cookie reward!

Newton House

After a long six month wait, congratulations to N6 who were the first Newton winners of the weekly attendance award just before half term. All the students (and staff!) enjoyed their special Valentine's Day cookie reward. Brilliant resilience shown!

A huge congratulations to the Newton Year 7s who took part in the extra 'capture the flag' House competition. Despite having Mr Lewis charging on their team, they didn't win the competition, but there was some fantastic teamwork on display. Well done!

Seacole House

Seacole came 4th in the recent Year 7 Capture the Flag House Competition, great effort shown by all involved. Our Students' of the Week include:

Eren Kartal, Joshua Grantham and Aleister Marsh.

These students achievements include being top for TRAITS for Seacole for a week, representing the junior NBA programme and demonstrating a fantastic attitude in a variety of subjects.

Seacole House had the best attendance for the autumn term and have been rewarded with a non-school uniform day for tutors and tutees. We are looking forward to completing this after half term.

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



Last week, all students listened to an assembly on Holocaust Memorial Day. Holocaust Memorial Day is on 27th January: the anniversary of the liberation of the largest Nazi concentration camp, Auschwitz-Birkenau. Holocaust Memorial Day is the day each year when we remember the six million Jewish people who were systematically persecuted and murdered by the Nazis and their collaborators during the Holocaust.

We remember many other groups who were also victims of the Nazis and their collaborators. These included Roma and Sinti people, disabled people, homosexuals, black Germans, Jehovah's witnesses, political opponents, Polish and Soviet civilians, and prisoners of war from the Soviet Union.

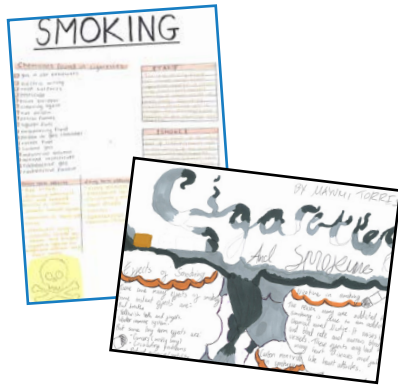
The theme of this year is 'Ordinary People'. Ordinary people were involved in all aspects of the Holocaust, Nazi persecution of other groups, and in the genocides that took place in Cambodia, Rwanda, Bosnia and Darfur. Ordinary people were perpetrators who joined in the murderous regime, bystanders who turned a blind eye or believed the Nazi propaganda, rescuers who put themselves in danger to save victims – and ordinary people were victims, persecuted simply because they belonged to a particular group.

On Holocaust Memorial Day we reflected that we too are ordinary people who can be extraordinary in our actions. We can all make decisions to challenge prejudice, stand up to hatred, to speak out against identity-based persecution and to act responsibly.

Together@MCA

Science

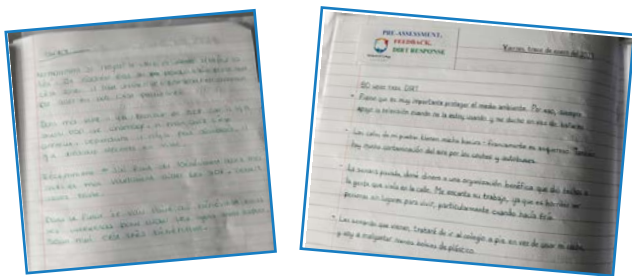
Recently in Science we have seen some excellent creative work done by students in KS3.



Here are some examples of independent work on the science of snowflakes and anti smoking posters. Well done to all the students for their hard work!

MFL

Year 10 French and Spanish students have been working really hard this term to produce a longer piece of writing. For their GCSE writing exam, one of the tasks is to write 90 words on one of the GCSE topic areas. This can seem a bit daunting- especially writing in French or Spanish! However, our students have produced some fantastic pieces of assessment work!



Year 10 have been working on the topic of the Environment, so they used their knowledge and resources from last term to help them with their writing. We also worked together to look at and decide what made a good answer and how to hit those top marks. It's a little like a recipe! You need your base of present, past and future tenses and then you add your wow factor with opinions, reasons, connectives

and intensifiers!

After preparing their answers in class, the students had to learn the key phrases that they wrote as part of their homework and then the writing was done in assessment conditions- like in the GCSE Exam.

We are really proud of what our Year 10 students have produced and achieved in their French/Spanish writing! They have shown that they are resilient and successful learners! Félicitations! /Felicidades!

English

Year 10 English GCSE students watch a performance of Charles Dickens' A Christmas Carol.

Last lesson on a bleak mid-week winter's day is the perfect time for Quantum Theatre to come and sprinkle some magic over an audience made up of the whole of Year 10 and their teachers. Dickens' 'A Christmas Carol' is a GCSE Literature set text for the majority of our Year 10 students.

Quantum Theatre tours nationally, with new adaptations of classic texts, and has an excellent reputation for maintaining faithful to the words of the original texts. The actors and the staging are very professional and involve some incredible, quick costume and character changes, 93 different changes in all!

Powerful singing and exuberant dancing highlight the humour in the text: Fezziwig

and Scrooge dancing a jig is brilliant and incredibly funny. Thoughtful lighting and sound create an atmospheric stage and bring out the poignancy of key scenes. It is a memorable performance enjoyed by students and staff alike.



Drama

Year 7 Drama students have been studying Silent Movies this half term. We have been watching a variety of Buster Keaton and Charlie Chaplin silent movies and analysing the acting skills we can see used in them. We have then challenged ourselves to make our own slapstick comedy mime that includes the skills of exaggeration, slow burn and reaction shots! Remaining silent while performing has been a challenge for everybody!

Year 8

In Year 8 Drama we have been developing a wide variety of our Drama skills while completing a project based

around a performance of Peter Pan by the National Theatre. Our main focus has been developing our analysis (breaking down what we are seeing) and evaluation (making a judgement) skills. We have also focused on the importance of rehearsal for actors and have been developing our teamwork and communication skills.

Year 9

We have been learning about different Theatre Practitioners and their beliefs about theatre. We have spent time learning about Stanislavski's naturalistic beliefs and how theatre should be representative of real life and believable for the audience. We then contrasted this with Brecht's Epic Theatre style and how theatre should be able to make a change in society. Students are now creating their own opinions of where they sit on this scale.

Year 10 - GCSE Drama

We have just started our first assessed unit of work for the GCSE course – Devising. Students are working on creating their own performance based on a stimulus given to them by the exam board. We are working hard on creating impactful performances that educate and inspire the audience. Students are using their knowledge and understanding of theatre practitioners as well as experimenting with a wide range of dramatic techniques in their performances in order to meet their chosen intention/aim.

Natural History Museum Trip

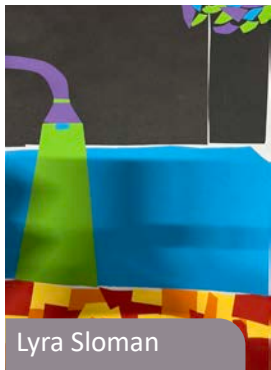
On Friday 9th December, 90 Year 9 students went to London to Visit the Natural History Museum as part of their Insects and Nature art project.

During our visit, we were able to see a range of exhibits, including Dippy the dinosaur back from his countrywide tour, and lots of taxidermy birds all of which were great for sketching and drawing. Students had a great time, and made our first art visit to the museum a success. Huge thanks to Miss Pitcher, Mr Wright, Mrs Payne and Mrs Bugg for being superb support on the trip too.



Year 7 End of Project Final Pieces:

As we come to the end of our Formal elements project for year 7, students create final outcomes to shown off the skills they have learnt since September. Below are a few great examples by our talented students.



Lyra Sloman



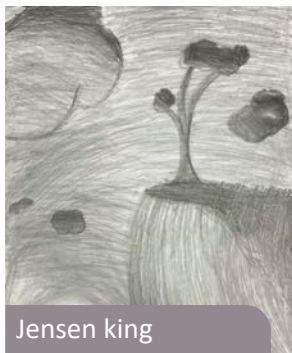
Annabel Slack



Leisha Reddick



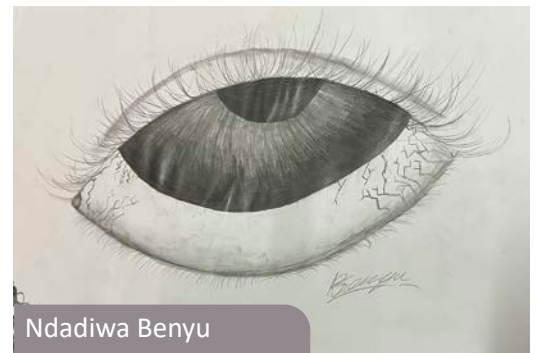
Andrew Banyard



Jensen King



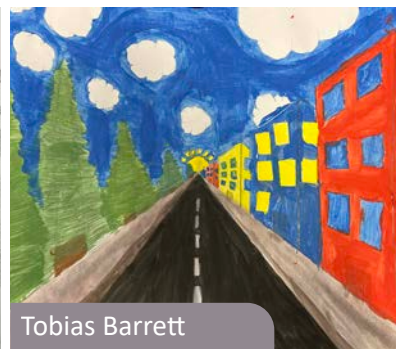
Katie Nankivell



Ndadiwa Benyu



Jace Gannon



Tobias Barrett

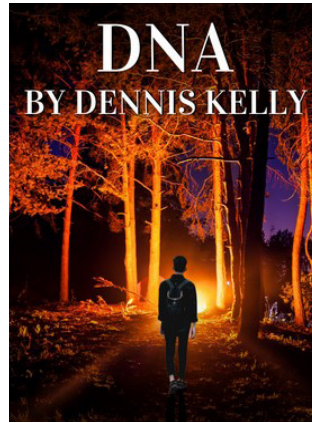


William Greening



Taiah Coakley

On Friday 3rd February 2023, Year 10 and 11 GCSE Drama students visited the New Wolsey Theatre in Ipswich to watch a performance of Dennis Kelly's play



DNA. We were really excited to get back to the theatre in our first trip since the COVID restrictions! The actors in the show were all recent graduates of Drama school who are from Suffolk so it was amazing to see so much talent from the local area on stage!

A group of teenagers do something bad, something they can't undo. Panicking, they concoct an elaborate cover-up,

unleashing a series of events that twist and turn their young lives into a terrifying game of survival, putting not only their friendship, but their morality to the test. DNA is a black comedy that explores some serious themes including bullying, violence and mental health. Here are what some of the students thought of the performance:

"DNA was absolutely amazing, I thoroughly enjoyed watching it. I especially enjoyed how effective the lighting and music was in the portrayal of the characters emotions to their situation. I also really liked how all the actors in the play are local to Suffolk and how most of them are recently out of University."

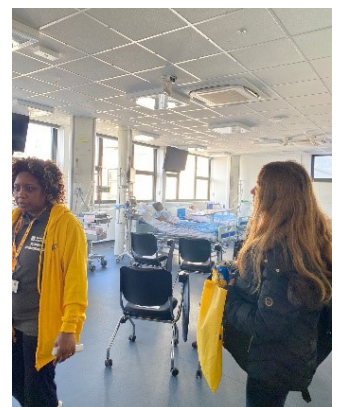
Charley Cobbold, Year 11

Health and Social Care

On Tuesday 7th February some of the Year 12 HSC students visited the University of Suffolk for a Health taster day.



The sessions they could attend included; Adult Nursing, Children's Nursing, Diagnostic Radiography, Mental Health Nursing, Midwifery, Physiotherapy, Psychology, Social Work and Therapeutic Radiography. It was a good opportunity to explore university life and what this has to offer.



Bebras Computational Thinking Competition



In the autumn term, all students in years 7-9 as well as those studying Computer Science took part in the annual Bebras competition.

The aim of this competition is to promote computational thinking and get students to think about careers that require an understanding of computational thinking.

The students below achieved scores that put them in the top 10% of the country and collected their certificates this week to celebrate their achievements.

Macey Alecock
May Berney
George Cashford
GD
Oliver Denness
Isabella Flack
Kaitlyn Fuller
Azia Glover
Jack Goodchild
Luke Goldstone
Jake Houser
Alex Houston

Jensen King
Kieron McMahon
Eloise Nobile
Chloe Palmer
Wiktorija Pawlak
Constance Roe
Oskar Rompkowski
Isabel Rudderham
Rhys Sansom
Ashton Sizer
RT
Adam White

Primary Computing

MCA has been delivering Computing workshops to local primary schools to help them learn important Computing concepts. Students are taught by Mr Sexton through play based learning and sessions are customised to the curriculum of the school. So far, Forest Academy has been visited four times to deliver sessions to years 3, 4, 5 and 6 with sessions also booked in with West Row Academy at MCA and sessions booked at Fordham Primary.

The sessions are delivered in partnership with Digital Schoolhouse who work with the gaming industry to ensure students are taught the skills that are needed for the gaming industry.

Mr Sexton has also been working with teachers at ATT primary academies, improving their subject knowledge in Computer Science and helping to support them with their curriculum planning.



Success@MCA

Chief Constable Visit

We were recently visited by the Chief Constable of Suffolk Constabulary, Rachel Kearton.

The Chief Constable is directly responsible for over 1,300 Police Officers and a further 1,400 support staff. Rachel has been a Police officer for over 30 years which includes working in other Regional Police forces, the Home Office and the Foreign & Commonwealth Office. Her visit to MCA6 was to present an assembly to the 6th form about Policing in our County and she covered things like Diversity, County Lines, Police Recruitment and some of the more controversial stories recently about the Police in general.

At the end of the extended assembly the Chief Constable went into a Q&A session.

Students had previously put together a bank of questions, none of which were revealed in advance and she provided some really insightful and honest responses to our questions on subjects like LGBTQ issues, career potential, is crime nurture or nature and just how diverse is Suffolk Constabulary. A really enjoyable assembly for MCA⁶.

Mr A Smith, Faculty Lead Social Sciences



Year 12 Music

In January two of our Year 12 Music A Level students worked with the Year 2 class at Barrow Primary School.

They performed some of their recital songs and led music workshops for the children.



Certified First Aider!

In January 2023 Health and Social Care student, Rhys, qualified as a St John's Ambulance First Aider. He is looking forward to the challenges of the role and how this experience will help him in his future career as a Paramedic.



Ambition@MCA

West Suffolk Mental Health Support Team (MHST)

The Mental Health Support Team are an early-intervention service that supports young people, their families and the school with mild to moderate mental health difficulties. The West Suffolk MHST are allocated to be in specific primary and secondary schools in this area; Mildenhall College Academy is one of those. The MHST's vision is to empower mentally healthy communities in schools and colleges.

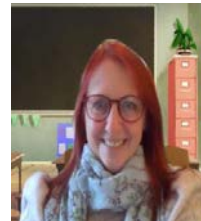
Meet the team



Sarah Neville
Psychological Therapist



Matt Pull
Clinical Team Manager



Ally Fairhead-Andrews
Education Mental Health Practitioner



Lucy Bellotti
Senior Education Mental Health Practitioner



Michaela Tyler
Senior Education Mental Health Practitioner

What is Mental Health?

Mental health includes our emotional, psychological and social well-being. It can affect how we think, feel and act. This is just as important as physical health. Our Mental Health often fluctuates, and it is normal to experience difficulties from time to time in this area.

The MHST offer educational settings support through training, supervision. We offer groups for young people / parents and individual support.

Children's Mental Health Week runs between the 6 February to 12 February 2023, this year's theme is **Let's Connect**. Please join us in supporting each other and connecting with each other. For more information please see: www.childrensmentalhealthweek.org.uk

We regularly meet with members of staff within Mildenhall College Academy, therefore if you have any concerns associated with your mental health, please speak with staff at the school.

There will be regular information and guidance from the Mental Health Support Team within this newsletter.

All the best,

Mental Health Support Team

Together@MCA

Resilience and Ambition@MCA

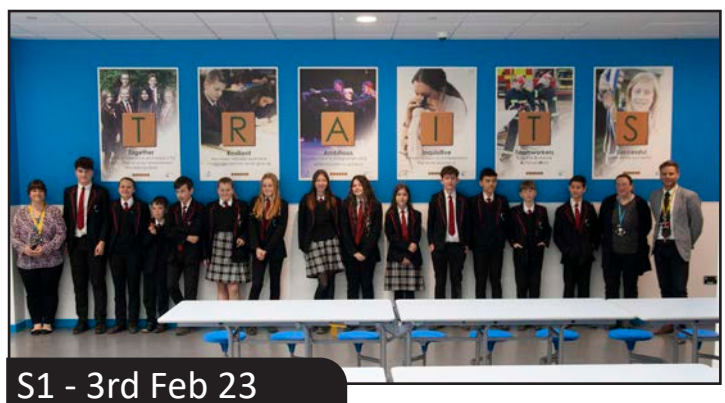
Just a few reminders of our procedures if your child is ever absent;

- 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 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.
- 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



attendance
MATTERS





In January, Sixth Form students studying English Literature had the opportunity to travel to Hammersmith Lyric Theatre to watch Frantic Assembly's production of Othello.

The production took one of Shakespeare's most infamous tragedies filled with jealousy, betrayal and revenge and added a modern twist. Instead of the traditional 16th century set up, the play was based in a modern pub with other scenes taking place in alleyways rather than in the traditional settings of Venice and Cyprus. The actors carried on this modern theme through their tracksuits, trainers, and gang wars rather than fighting a territorial war with the Turks. Despite the physical aspects of the play being drastically different to the original Shakespearean version, the plot remained the same, making the production even more interesting due to the alternative interpretation the Director provided the audience with.

The modernisation of the play ultimately made it more relatable to students as it made Shakespeare more interesting. Although it still followed the archaic language of the original play, it was easier to follow and extremely engaging. Whilst all the characters were played extremely well, many students particularly enjoyed the presentation of Roderigo as he added a sense of humour and light relief to a production full of tragedy and dismay. Equally the actors playing the main characters were impressive in their portrayal of Othello and Iago as they were able to keep the audience on the edge of their seats for the entire performance. Their standing ovation at the end was thoroughly deserved.

Overall, the experience of seeing a Shakespeare production in a London theatre was truly memorable and hopefully there will be many similar opportunities in the future.

Millie Chadwick, Year 13



How can I become a more INQUISITIVE learner?

One of the MCA TRAITS is to demonstrate that you are an inquisitive learner - but what does this mean and what does it look like?

Inquisitive - having or showing an interest in learning things; to be curious.

“I have no special talent. I am only passionately curious” - Albert Einstein

There are many ways to show you are an inquisitive learner:

- 1. Ask questions** - sometimes asking a question demonstrates you are thinking really hard about something. Some questions can be difficult to answer or there may be several answers to the same question, but this encourages healthy and interesting discussions and debates in and outside of the classroom!
- 2. Research** - there are so many places to learn more about the things that interest us! Teachers, parents, family members, visiting places, books, websites, TV, film, podcasts, magazines, newspapers... the list is endless! Spending time finding out about different topics and current affairs builds our knowledge of the world and helps us to become life-long learners.
- 3. Read** - “What is a bookshelf other than a treasure chest for a curious mind” Books are a window into many different worlds and they can teach us important things about people, places and events. Reading is an excellent way to demonstrate your inquisitiveness and curiosity - indeed, it is true to say that for most people, the more we learn the more we want to find out!

Inquisitive@MCA



U13 Football

On Monday 23rd January, the year 8 boys beat King Edward School 3-1 to reach the final of the West Suffolk Cup. The game was evenly poised for the majority of the game, until Henry Edwards scored to put MCA in the lead. From then, the team grew in confidence, going on to make it 2-0 through a free kick from Maxim Mlityalawa from just inside the opposition half. In the second half, KEGS were on top, bringing it back to 2-1. However, MCA worked hard for each other, and defended well considering they only had 11 players. Ben Cross made some unbelievable saves, and Henry Edwards didn't stop running. In the last 5 minutes, Jesse Logan sealed the win with a good strike into the top corner.

U15 Football

The Year 10 football team endured a tough encounter against the King Edward School in the semi-final of the West Suffolk cup. The first half was very close, with Liam Powell coming the closest to scoring by hitting the post with a chip over the keeper from the edge of the box. The second half was equally as even as the first, with chances few and far between for both teams until Lewis Morley broke the deadlock midway through the second half with a glorious finish. However, KEGS managed to bounce back from this, scoring just 2 minutes later, then two very well taken goals from them including a free kick finish and an overhead volley helped give them seal the win in the end.

Boys U12 Athletics

MCA hosted the annual U12 Sports Hall Athletics and the boys started with the field events. It was great to see all of the boys competing in the events and giving it their best effort even if they have not done the sport or event before. Some really strong starts to the fielding events with special mentions to Jake Houser who competed in the Vertical Jump, Jo Alexander who competed in the Shot Put and Ethan Neville who competed in the Speed Bounce. The boys then took to the track events, and it was great to see all the encouragement from the side-line that demonstrated great teamwork. All of the boys did well at a range of events with a special mention to Sam Edwards and Ethan Neville who ran the 2x4 laps as well as, Leo Grimwood who ran the 6 laps by himself. A great team effort from the boys who all demonstrated The MCA way.

Teamwork@MCA

Girls U12 Athletics

The Girls started with the track events and showed great resilience from the start. It was great to see the girls getting involved and encouraging each other in the different races. Well done to Holly Bosley and Aailyah Ayres for running the sprint events, Guste Raudonyte did a great job at running the 6 laps by herself. Lilly Basing, Erin Bailey, Lucy Hennig and Aailyah Ayres all ran the 4x2 relay really well lead from the outset to the very end

of the race. The girls then moved onto the field events with special mentions to Lily Hennig doing well in the speed bounce, Millie Pammenter competing in the vertical jump and Erin Bailey competing in the long jump. The girls all demonstrated The MCA Way and represented the academy very well.

U13 Junior NBA



Game 1 MCA v KEGS

On the 18th of January, Mildenhall College Academy took on King Edward VI School in MCA's first ever home Year 8 JR.NBA match in academy's history! As tip off started play, MCA made a flying start with Harry Houlden scoring multiple fast-break lay ups. However, King Edward came back with their own scoring display in the second quarter to end the half at 12-8 to MCA. As the second half started, MCA came out of the gates fast with great teamwork from Morgan Kachokammanja and Eren Kartal to easily pick apart the opposing team's defence and resulting in

a 24-18 victory. For the second game of the day, MCA matched up against Marshland High School in a highly anticipated match as MCA were seeking revenge from the previous defeat back in November. From the first few minutes of play, Marshland went on a 0-6 scoring burst which woke up Mildenhall very quickly with Morgan Kachokammanja sinking a couple of mid-range jump shots to tighten the score 4-6.

At the end of the second quarter, Marshland managed to stretch out the lead 8-14 as MCA went on a shooting slump for a few minutes. However, MCA came out of halftime with a chip on their shoulder not willing to give into the visiting team. With quick effective passes, MCA managed to take the lead 30-27 with 3 minutes left on the clock. Despite MCA's emphatic scoring display MARSHLAND managed to come out on top with a final score of 30-31.

U12 Junior NBA

On the 25th of January Mildenhall College Academy took on Thomas Clarkson Academy in MCA's first ever home Year 7 JR.NBA match in academy's history! As the jump ball started the action, TCA went on to score some quick transition points to give the away side a 4-0 lead. MCA managed to go on a scoring run on their own by making the score all tied up as the half time whistle blew with a score of 4-4. Despite the great defensive effort from MCA, TCA managed to keep the scoring going which swung the advantage in favour of TCA. Final Score 4-12 TCA.

Sports Hall Athletics



The U13's went to Newmarket for the annual sports hall athletics event. 8 girls and 7 boys were chosen to represent MCA and the students did not disappoint, pushing themselves to the limit in every event. Some fantastic running from Aaliyah Grahn, Neah Blyth-Tancock, Marika Wegrzyn, Dylan Shaw and Henry Edwards saw MCA win multiple races.

Both boys and girls found the field events slightly more challenging however, this did not dampen their spirits. The 8 lap race completed by Darcy Coe and Blossom Williams and also by Zach Gibbins and Henry Edwards were well planned and judged perfectly for both teams to do extremely well. With only the relays to go both boys and girls teams gave their all up until the finish.

U12 Netball

The ever growing U12 Netball team had a friendly fixture against Ormiston Sudbury Academy on Tuesday 17th January. The girls were very nervous and this showed in their first third of play, a cool calm

and collected Isla Nunn helped the ball through the mid-court onto the attacking players and the girls went in after the first 10 minutes with the score at 1-1! A great shot by Gracie-Mae Lloyd gave the girls confidence going into the second 10 minutes of the game. With some great exchanges of play between Abby Bosomworth, Erin Hobbs and Amelia Coe allowed the girls to score 2 more goals. Ormiston Sudbury had a very strong attacking line but with some great defending from Erin Bailey, Izzy Keogh and Keira Davis kept OSA to only scoring twice. 3-3 going into the final 10 minutes. Molly Courtney-Wines came on and did a super job as goalkeeper for the final 10 minutes and the girls had really got into their flow of play. However, unfortunately the girls lost 6-5 in the last minute of the game. There is amazing potential in this team and the girls made Miss Morley very proud. Well done Year 7's.

Ambition@MCA

U13 Netball

The U13's played a friendly against Ormiston Sudbury Academy. This is the first game the girls have had that resulted in an extended playing time, after being in tournaments previously. The girls were quite nervous and went 2-0 down in the first third. However, the second third they drew 1-1, making the overall score 2-1. The girls were recognising where they could improve their play in each interval, with supportive team talks. Some fantastic marking from Eden Benion and Isla Beale put Sudbury's shooters under pressure. Hannah Rolfe scored another

goal towards the end of the game, with support play from Jessica Lee and Kai Chiwotswa. Darcy Coe, Blossom Williams and Grace Henderson made some great interceptions and passing when on the break. The overall score ended 7-2, with the girls enjoying the time to play together as a team.

Leadership



The leaders from MCA were being stars again, this time for the Indoor Athletics competition. All of the leaders were involved in either leading each field event from standing long jump to indoor shot put. We also had students as timekeepers for the track events, some even needing to be demonstrators for all the Primary School students who attended. Our leaders provided encouragement and support throughout the competitions.

The MCA leaders were able to successfully collect the results and record them under pressured situations. Every leader played their part in enabling the indoor athletics to run smoothly and enjoyable. We are very proud of them!



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Clubs and Activities SPRING 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
First Lunch (7/9/11)	Yr 7 & 9 Football Astro (Week A) LGBTQ+ Club S22 (Week A) ESports G14	* Book Club F16 * Environment Committee (Week A) N&DYFC Connect Club (Year 7)	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	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) *Book Club F16 (Week A) *Environment Committee (Week A)	Badminton Sports Hall (Week A) Football Astro (Week B) N&DYFC Connect Club (Year 8)	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) * Book Club F16 (Week B)
After School	BAND S12 * Homework Club Library Basketball Sports Hall * Science Club G3 (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

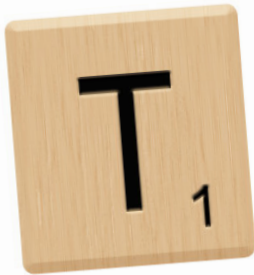
10 TOP TIPS For Good Mental Health



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.

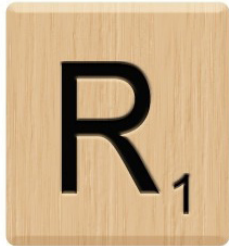
In any eventuality students must go to student reception for us to contact you and not make contact themselves as mobile phone use is not permitted. If your child has a long term or temporary condition affecting their ability to be in the academy as normal or where we need to be aware for their safety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

Resilient@MCA



Teamworkers

Together Everyone Achieves More.



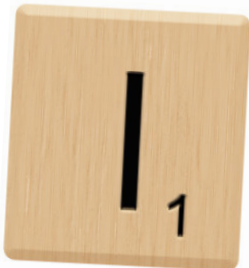
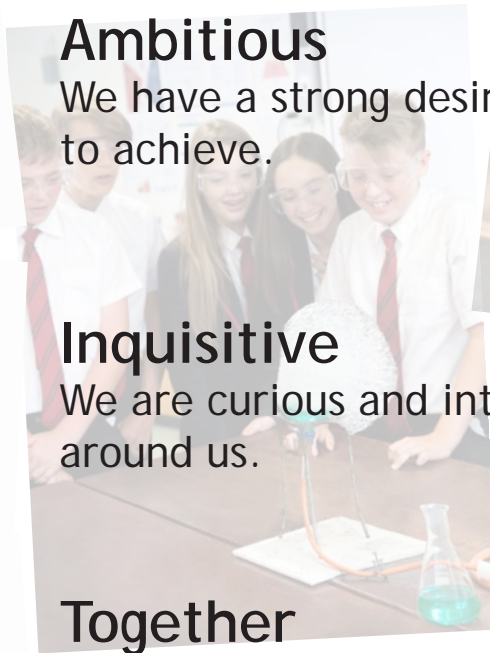
Resilient

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



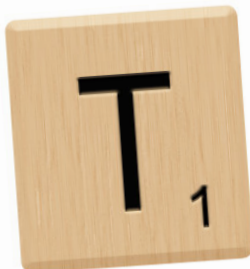
Ambitious

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.





IPSWICH TOWN FOUNDATION

POST 16 FOOTBALL & EDUCATION PROGRAMME



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FOOTBALL SYLLABUS INFORMATION

ENABLES BOTH INDIVIDUAL & TEAM GROWTH

PLAYER ROLES & RESPONSIBILITIES THAT MIRROR THE ITFC ACADEMY PHILOSOPHY

STRENGTH & CONDITIONING PROGRAMME

4-6 HOURS OF TRAINING PER WEEK

UEFA LICENCED COACHES

COMPETITIVE FIXTURES AGAINST OTHER EFL COMMUNITY TRUST, LIKEMINDED PROGRAMMES & PROFESSIONAL CLUBS

WEAR THE FAMOUS BLUE & WHITE OF IPSWICH TOWN FOOTBALL CLUB

PATHWAY TO LOCAL MEN'S & WOMEN'S TEAMS

PROGRAMME BENEFITS

STUDY LOCALLY AT MILDENHALL COLLEGE ACADEMY SIXTH FORM

BEHIND THE SCENES VISITS TO PORTMAN ROAD & PLAYFORD ROAD TRAINING CENTRE

CAREER OPPORTUNITIES AT IPSWICH TOWN FOUNDATION

NCFE LEVEL 3 SPORT & PHYSICAL ACTIVITY

BTEC LEVEL 3 NATIONAL EXTENDED DIPLOMA IN BUSINESS

A SELECTION OF A-LEVELS

FOUNDATION DEGREE COMMUNITY FOOTBALL COACHING AND DEVELOPMENT

FOUNDATION DEGREE SPORTS COACHING AND DEVELOPMENT



EDUCATION PATHWAYS INFORMATION

STUDENTS CAN STUDY A VARIETY OF CAREFULLY PLANNED PATHWAYS

EXIT ROUTES TO UK UNIVERSITIES AMERICAN SCHOLARSHIP OPPORTUNITIES

WE PROVIDE LINKS TO POTENTIAL CAREER PATHWAYS TOO I.E:

- FITNESS INSTRUCTOR
- PERFORMANCE ANALYST
- SPORTS COACHING
 - TEACHING
- MEDIA & JOURNALISM
- BUSINESS & MARKETING

OUR WELL BALANCED PROGRAMME IS DELIVERED BY EXPERT STAFF, COMBINING ACADEMIC PRACTICE WITH REAL WORLD WORK EXPERIENCE AND A STRONG FOCUS ON RAISING LEARNERS CAREER ASPIRATIONS.