

Mildenhall College Academy



NEWSLETTER



March 2023



U13 County Futsal Champions Through to the Nationals!

Principal: Miss N Hood

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Dates For Your Diary



Friday 31st March - Last Day of Half Term

Monday 17th April - Students Return

Tuesday 16th May - Year 10 Drama Showcase

Wednesday 24th May - Year 10 Business Trip

Thursday 25th May - GCSE PE Trip

Tuesday 6th June - 7Q Parents' Evening 5-8pm

Tuesday 13 June - MCA6 Art Exhibition 5-6pm

Thursday 15th June - 7X Parents' Evening 5-8pm

Thursday 15th June - Sixth Form Information Evening (Year 10) 5-7pm

Week Commencing Monday 19th June - End of Year Exams Begin Years 7-10

Friday 23rd June - Year 7 Art Trip to Banham Zoo

Friday 23rd June - Year 11 Prom 6-10pm

Tuesday 27th June - Years 7, 8 and 9 Showcase Concert 6pm

Wednesday 28th and Thursday 29th June - Sports Days

Thursday 29th June - Sixth Form Midsummer Ball

Friday 30th June - PD Day

Week Commencing Monday 3rd July - Year 12 Work Experience Week

Thursday 6th and Friday 7th July - Year 11 Into Sixth Form Induction Days

Tuesday 11th July - Science Trip

Wednesday 12th July - Summer Extravaganza 6pm

Friday 14th July - Year 8 Vaccinations

Thursday 20th July - Last Day of Term

Scopay Year 11

As we move into the summer term it is vital that Year 11 students run down their balances on their ScoPay account before they finish for the exam revision.

Transport for New Year 7 Students in September

Any parent /carers of students requiring transport to MCA from September should now apply via www.suffolkonboard.com - This is the Suffolk County Council main site for all transport enquiries.

Dear Parents and Carers

Wow! What an amazing newsletter with so many examples of what the staff and students at MCA can do! Throughout this edition I can see so many examples of our MCA TRAITS in practice from the ambition of our cup winning sports stars and our brilliant cast and crew of 'We Will Rock You' to the inquisitive participants of the Crime Days and the work of the sixth form students on their social action day. So many opportunities for students to get involved in academy life beyond the classroom.

Inside the classroom has been busy too and Year 11 showed real resilience in completing their second set of mocks alongside Year 13 students also sitting exams for the first time. As they approach the culmination of their hard work throughout 13-15 years of education their determination and ambition is as strong as ever. They truly reflect the MCA TRAITS and aims of the academy. There is no doubt that younger students have struggled more so with the skills and resilience required for success and we have put in place a range of strategies and opportunities to help them adapt. Success can be seen in the sporting achievements, students in the cast and crew of the recent production and the number of TRAITS points awarded in recognition of greatness.



After Easter information will be coming out to all parents/carers as part of a consultation on changes to help us improve even further and to ensure that every student has the skills to access all aspects of their education and the desire to make a positive contribution through activities inside and outside of the classroom. After Easter we all look forward to supporting Years 11 and 13 with their formal examinations and their 'final push' for success followed by the opportunity to celebrate with the Prom and Mid-summer Ball.

At this time we say farewell to Katie Sanders-Pope, Director of Sixth Form as she looks to take on new opportunities. The Sixth Form will be led by the existing team whilst we look to appoint a new Assistant Principal to the role. We also say thank you and farewell to Will Most, teacher of music, Haydn Fox, Languages Support and Su Tuffs who has been our Finance Assistant and all round supporter of MCA for 13 years. We wish them all well in their new ventures and thank them for their contribution to MCA.

Finally I would like to take this opportunity to wish you all a safe and relaxing Easter.

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

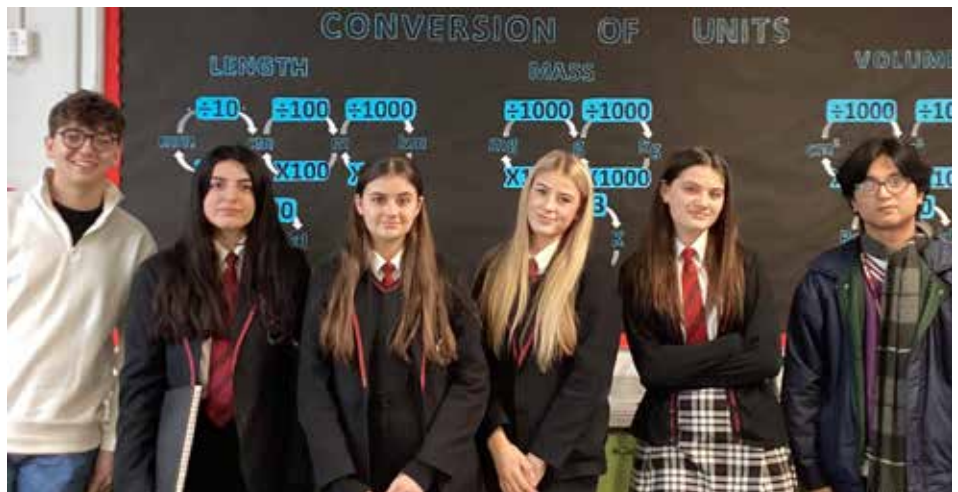
Comic Relief

Sixth Formers held an amazing cake sale on Friday 17th March in aid of Comic Relief.



Medical Students

On Tuesday 21st March our Year 13 future medical students had lunch with our Year 11 future medical students and shared their experiences of Sixth Form and applying to medical school.



LGBTQ+

On Friday 3rd March, MCA⁶ celebrated Rainbow Day and raised money for Outreach Youth and the Midsummer Ball.

Thank you to the LGBTQ+ Society for organising this event and to everyone who joined in.



Together@MCA

Drop Down Day

As part of the Year 13 Drop-Down Day focusing on well-being and social action, a group of students went bowling at Bury Bowl and had a fabulous time!

Another group faced the challenge of The Playground and a final group of students beat the escape room!

This was another fantastic day of activities on offer to our Year 13 students as part of our well-being drop down day.



Social Action Day



For our Sixth Form community project in March, we wanted to give back to the local NHS services by donating children's toys to the Rainbow Ward at West Suffolk Hospital. We also provided Lakenheath Primary School with some new books and teddies for their future fundraising events.

Leading up to the drop off we spent the week collecting donations from students, family members, friends and MCA staff, which gave an overwhelming amount of items to give to the hospital and school. On the day, we organised the toys into appropriate categories and set off to West Suffolk Hospital. When we arrived, we were greeted by Laura who was taken aback by the amount of new donations. The toys and books donated will provide many children with a source of entertainment whilst spending time on the Rainbow ward and for many will be a source of comfort and happiness.

As a group, we chose to carry out this toy appeal due to personal connections with the rainbow ward (one member of our group having spent a lot of time there

when they were younger). Together we decided that it would only be right to give back to our NHS services, no matter how small or big that contribution is to recognise the hard work and effort every member puts into keeping us all safe and healthy.

Millie Chadwick, Amy Hale, Harriet Samuel and Kacey Wragg



Our group went out to pick litter around the academy grounds and the surrounding areas. We managed to collect a total of 7 bags of rubbish!



"It feels good to help the community by doing something so little yet so significant" - **Jax L. Hicks**

"I felt good doing it because it's upsetting seeing so much litter" - **Joao Felix**

"It was good to help the community" - **Bradley Courtenay**

"I found that it was very positive as I felt I really helped the community" - Eric Chen

"It was a very enlightening experience" - **Rebecca O'Kane**



As part of our community project, we decided to make a bug hotel by the pond at MCA⁶. We decided to make a bug hotel as it would benefit the ecosystem especially as spring has just begun and this is when bugs emerge from hibernation. It also links to Katy's EPQ which was on Forest schools. All the resources we used were recycled from donations by the caretakers and other MCA⁶ teachers.

Katy Turner and Weronika Durmaj



For our community action project, my group chose to litter pick at the beach in Felixstowe. We knew that litter has been impacting sealife for some time and therefore wanted to be part of the solution rather than part of the problem.

We covered the beach and looked around for small bits of plastic and items of rubbish that may cause problems for the wildlife living there. From this trip, me and my group had the ability to help our local community through cleaning up the places that had the possibility of being heavily impacted by issues such as litter.

This made us feel as if we were making a difference and a change for the better. Overall, the experience has allowed us to become more aware of the impact that our actions can have to a further extent after seeing the rubbish on the beach and if given the opportunity, me and my group would partake within the project again.



Amelia Astill-Dunseith, Jess Goodwin, Isiah Torres, Lydia Ready and Rhys Sulman.

Ambition@MCA



On Wednesday 1st March, I had the opportunity to go to Poland with three of my fellow students and our Director of Sixth Form. We visited two of the Auschwitz camps; Auschwitz One and Auschwitz Birkenau as well as the Jewish Museum in Oswiecim. This opportunity was provided by Lessons from Auschwitz project which gives young adults the chance to learn more in depth details about the Holocaust and the victims.

The organisation gives the students from the area the chance to learn about Jewish victims from various places throughout Europe through an introduction seminar. Then they give the opportunity to go to Poland for a day and visit two of the main Second World War camps and a Jewish Museum to learn about pre-war Jewish life. The topic of this year is to re-humanise the victims and to learn about their experiences and their life pre- and post-World War Two.

The first stop was in the town of Oswiecim at a Jewish Museum where our

teacher for the day had provided photos of the town where the German soldiers had to bring Jewish communities to an area and take them away to the camps. We then had to find items with Jewish importance, such as a Jewish Synagogue lamp (otherwise known as a sanctuary lamp) and a tile from the original Synagogue from pre-war life. Afterwards, we read about some people's experiences and how they had dealt with leaving their family and friends and finding life after.

We were then taken by bus to the gates of Auschwitz One. A Polish tour guide spoke about each thing in the camp, such as the watch towers where German soldiers would make sure their victims were following orders. We got to see where public executions took place to scare the other victims at the camp. The tour guide showed us around different blocks where the victims of each country/group have their own way of remembering the victims. For example, block 27 whose exhibition was prepared

by the Yad Vashem Institute in Jerusalem, remembers the victims by showing videos of pre-war life in Europe, they also have one of the largest books in history which contains all the victims' names of the Holocaust. The evidence of crimes block gives documentation of what had happened to these people.

Whilst looking at each section in this block, the tour guide gave us information on what had happened for these items to be here, such as the room full of Kosher food cooking pots and pans where the German soldiers would take them away from families who had bought them along thinking they were going somewhere where they would be able to cook. The room which had clothing worn by the victims in the camp, some were what you may have seen in the media with the striped uniform, other items of clothing such as an ex-soldiers uniform that had to be worn by anyone coming into the camp due to not enough new clothing, had to be worn during hot and cold weather. As well as shoes, often people were given flip flops which they had to wear in all weathers and the majority of the time, the shoes you were given did not fit.

Later in the day, the group visited Auschwitz Birkenau where we had the chance to look around the camp that had been built to hold the mass number of “prisoners”. We listened to the tour guide explaining how a woman who had ‘enjoyed’ her job of cleaning the toilets since she had access to them full time whereas everyone else in the camp had 15 minutes in the morning and night to

use the facilities. Despite the stench, the toilet block was a “safe” place as the soldiers avoided it because they were fearful of catching diseases. Therefore the job of toilet cleaner really was a privileged role. In the evening, we went to the disinfecting room where prisoners had been disinfected to get rid of lice (a very painful process when a majority had cuts and sores) and got the opportunity to listen to a speech and a Jewish prayer from a Rabbi who spoke about the casualties of the Holocaust.



When we got back we attended a follow up seminar and had the pleasure of listening to a survivor's story by Janine Webber. She had told us about her childhood growing up in Poland during the 1930s, living in the Ghetto and trying to find her family members after being separated when war had broken out. It was heartbreaking to hear that this young child had travelled miles alone as she sought sanctuary from the Nazi regime all whilst dealing with the death of her parents. Janine Webber experienced grief on a level we will hopefully never know.



This experience given to me by the Lessons from Holocaust Trust had been very moving, educational and interesting. I have always been interested in learning more about the Holocaust and learning more about the suffering inflicted on the victims instead of focusing on the perpetrator.

This project re-humanises the Jewish community and others involved. Having the opportunity to go on this project has given me a greater insight to the sadness and tragedy of the Holocaust.

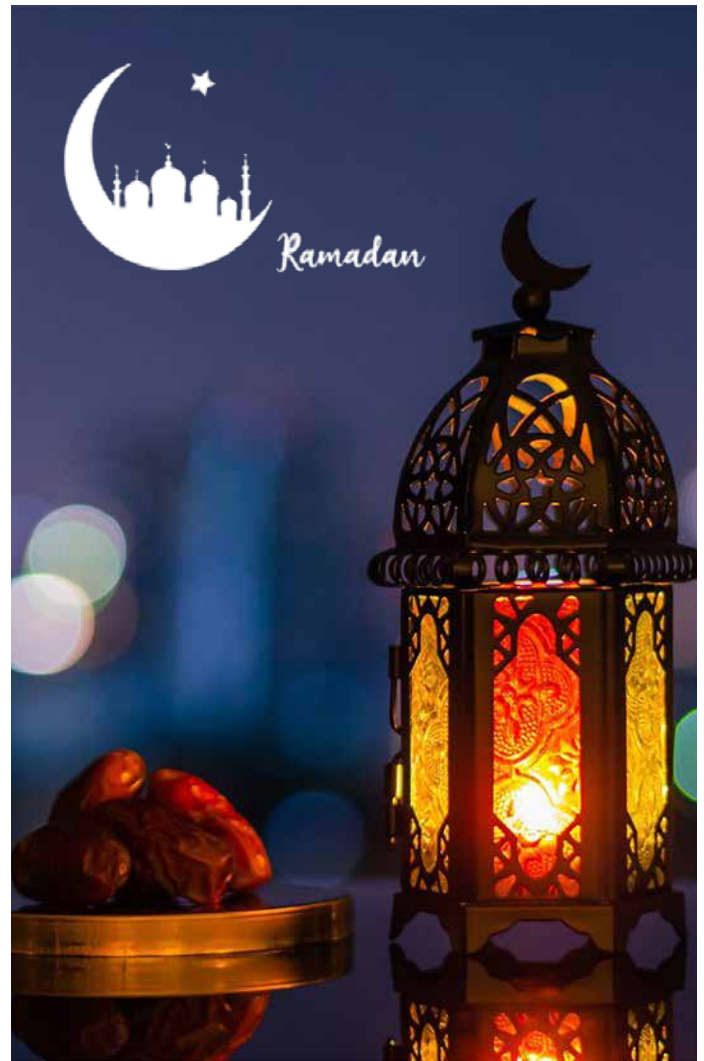
Hannah Taylor, Year 12



Ramadan

Ramadan started on Wednesday 22nd March and is the holiest time of year for the Islamic community. This is a time of reflection, faith, and strength. There is a wide array of worship methods but two of the most important are fasting from sun up to sun down and praying 5 times a day.

Here at MCA we have developed several different support plans for our students that seek to observe this time. We designated a quiet location to serve as a student prayer room and we have created a plan for students to participate in PE without the adverse effects of fasting. Our year 7s will begin their course of study on Islam shortly and will gain a deeper understanding of this unique and interesting faith. To all that celebrate we here at MCA wish you a Ramadan Mubarak (Happy Ramadan).



Conflict in Ukraine



MCA, like many schools, marked the one year anniversary of the conflict in Ukraine on Friday 25th February.

As well as having a moment of reflection on this and other conflicts, we also thought about the many lives lost in the earthquakes in Syria and Turkey. Our Tutor time activity was focused on the conflict and Newton House enjoyed a special Ukrainian themed cupcake with students who have joined us as a result of the conflict.



Together@MCA

Environment Committee

The MCA Environment Committee have been out during their lunchtime to litter pick around the Mildenhall Hub.

They picked up a full bag of litter and were thanked for giving up their lunchtime by some of the Hub staff



Mental Health Week

In Year 7 and 8 students have been marking Mental Health Week by writing about how important it is to connect positively with each other. Here is an example of some of the work students have produced together.



KS4 Choices Evening

On Tuesday 14th March we enjoyed an incredibly busy evening hosting our Year 9 Choices Evening.

This is an important evening as it provides an opportunity for students along with their parents/carers to find out about all subjects before embarking on their GCSEs.

It was a great turn out and there was a real buzz of excitement in the air.



Inquisitive@MCA

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



The Social Sciences Faculty were delighted to welcome Zakon Crime and Investigation Skills Training Services to deliver a two day crime workshop to all Year 13 Sociology, Psychology and Criminology students, plus some well deserving Year 11 Psychology students. The Workshop 'crime scene to courtroom' takes students through a real life murder trial starting with the initial 999 call to the emergency services. The crime

then develops through discovery of the body, police investigation, detective work, scenes of crime and forensics before moving onto arrest and interrogation of suspects and the subsequent decision (or not) to prosecute.

Finally, the courtroom scene is played. Throughout the workshop audience participation was the rule with social science students playing the role of police, witnesses, the prosecution and defence barristers in a crown court deliberating on the facts of the case.

The students enjoyed the opportunity to learn new details about crime scene investigation but also consolidate some of the skills taught here at MCA on the Social Science courses.



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



The morning of Monday 13th March saw the completion of the Fire Break course for 3 MCA students. They have worked extremely hard for the past 2 months to learn new skills and disciplines, which culminated in a showcase for their parents/carers and siblings.

The students delivered an exceptional 'combination drill' comprising of firefighting techniques, which included building an improvised monitor, pitching and climbing a ladder, searching and rescuing people in smoke and darkness and performing basic lifesaving methods.

Throughout the course the students continued to demonstrate the MCA Traits and showed great resilience and teamwork. I have thoroughly enjoyed working with the students and teaching them all about the role of a firefighter.

Pete Croucher, School Fire Liason Officer



Together@MCA

An Introduction to Steve Shore



Steve has recently joined us as Chair of Governors for MCA, Beck Row and Great Heath Primaries. His role is to help support the academy and increase engagement with our local community so we took the opportunity to chat with him about his background and aspirations.

Most people in school have previous education experience; do you?

No, I am actually an accountant, so no real educational experience other than I did used to prepare the accounts and audit some independent schools around 30 years ago.

I do however come from a family of teachers; my mum and dad both taught, both my sisters and sister-in-law taught as does my niece so I have a bit of a connection. When your parents are best friends with all your teachers at school, though it can be tricky, you certainly had to behave.

What inspired you to become a Governor at MCA?

When the opportunity was shared with me, I was keen to apply. Having had a very corporate life to date I have now got to a stage in my career where I get most enjoyment out of helping others and seeing them succeed. Added to this, it's relatively local (I live just outside Newmarket) and genuinely feel it is time for me to put

something back into my local community. Having said that my wife thinks I'm bonkers as she thinks I already do too many jobs, but I enjoy being busy and being challenged.

What other jobs do you do?

Although I started off as an accountant, I quickly moved into management consultancy and worked predominantly in the financial services industry advising life insurance companies on strategy and distribution models. I went from there into banking where I ran Santander's current account portfolio before moving back into insurance to buy insurance companies. I've also managed a customer services function and had over 1,000 people working for me in the UK and India so am very focused on the people side of business.

Whilst doing all this I started working with a friend in the hospitality industry and that has now become my primary focus so I currently sit on the Board of Chelmsford City Racecourse and am Chairman of Chelmsford City Football Club; and I also sit on the Board of the National League.

That seems a very eclectic life, are you a fan of football?

Not really, I got involved because my friend put money into a football club and had even less interest than me but asked me to look after it to which I agreed.

For me though it is not about the football but about the ability of football to engage communities and make a positive difference to those communities so that's what I use it for.

What are your first impressions of MCA?

I've managed to visit a couple of times and I'm really impressed by the people I

have met and the facilities at the academy. Hopefully I can get to know more about the academy and what I can do to help over the coming weeks and months as I become more engaged.

The academy do put on a great show as well, I was at “We Will Rock You” and it certainly rocked.

What do you see as the Academy’s biggest challenges?

From my initial visits I can see three principle challenges for the success of the Academy:

1. **The estate** - ensuring the facility continues to support the student population. As the academy's popularity increases it will come under increasing strain to house the number of students so the estate needs to be maintained and grown to ensure the academy can meet the need.
2. **Social media** - the predominance of social media in young people’s lives today is huge and, in many cases, is having a detrimental effect on behaviour. Today, role models for many are footballers and participants in ITV’s “Love Island” but are these really the role models we aspire our students and young people today to have. Against this “reality” background, how do we best prepare young people for their future, nurturing their talents, supporting their individuality and help them to be the best they can be?
3. **Community engagement** – MCA delivers an incredible amount to the Mildenhall Community but often that contribution is undervalued. The challenge is to spread the word of the great stuff happening at MCA and to engage the local community in those activities.

What are your priorities?

Primarily I am here to support the Academy

and so will be directed in my efforts based on its needs and requirements. At the minute I am still finding my feet and understanding the challenges it faces but I am willing to help and support as needed.

One of my key focuses will be on the engagement with the community so I am keen to help promote the Academy and the excellent work it is doing to develop the young people of Mildenhall and prepare them for later life.

What do you think parents and others can do to help?

Education, in my view, is a 24/7 reality; we learn through all our experiences and become the product of them. The academy is merely part of that journey and a key part of supporting the young person to be the best that they can be and achieve the potential within them. Parents or carers of these young people can help by reinforcing that message and helping make sure they take this opportunity to learn what is provided to them, embrace it, immerse themselves in it and get the most out of it.

We are all a long time post school and we can never get this time again but our futures are shaped by it; helping them to realise that is incredibly helpful.

Continue to communicate with us. If there is a problem, maybe we can help, if there are challenges we can work together to overcome them but we can only help if we know about them so please help to work with us to give these young people the best chance in life.

I look forward to working with the academy to grow and develop itself and those who are lucky enough to pass through its doors.

Hello from the West Suffolk Mental Health Support Team. April is Stress Awareness Month. To mark this national awareness month in this issue we thought we would talk about stress and how to manage it.

Most young people feel stressed sometimes and some young people find stress helpful or even motivating. For example; “my homework needs to be in next week, I feel stressed, therefore I need to plan time to do it.”

Sometimes we can feel stressed because of schoolwork, exams, friendship difficulties or family relationships. These can fill up our stress bucket and too much can cause you to feel anxious or depressed, which might affect your sleeping, eating habits and general wellbeing.

We need to put holes in our bucket to release our stress. Self-care activities are a really important way of achieving this, so our bucket does not overflow due to being overwhelmed.

For self-care ideas visit these websites over the Easter break and have a lovely holiday:

- <https://www.annafreud.org/on-my-mind/self-care/>
- <https://www.youngminds.org.uk/young-person/coping-with-life/self-care/>
- <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/coping-with-stress/>



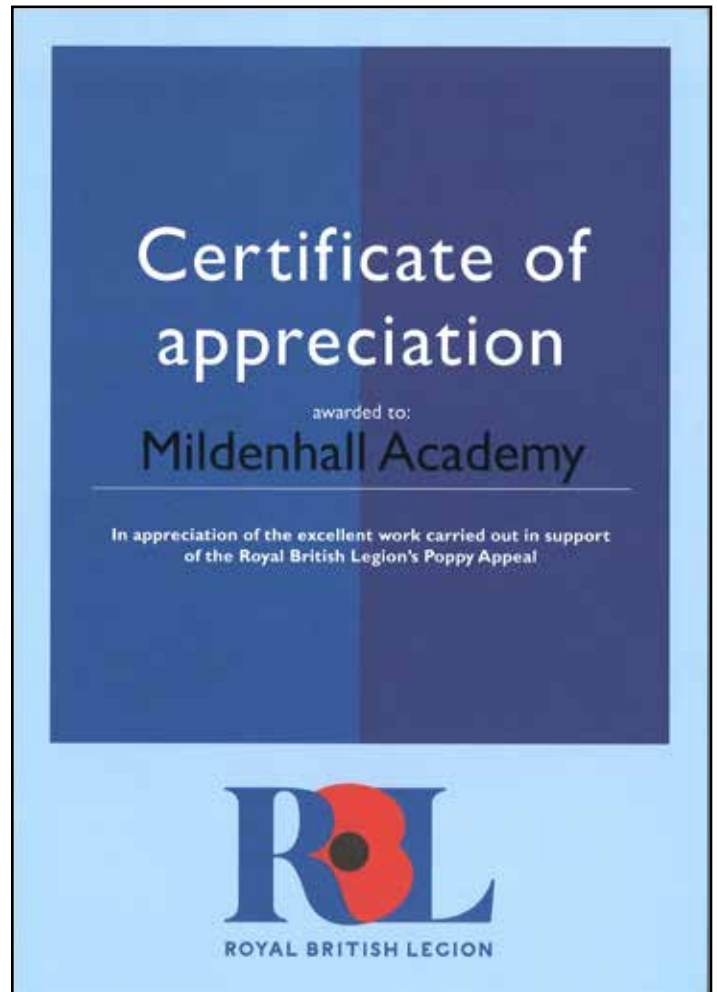
For more information follow us on Twitter at [@MHSTSuffolk](https://twitter.com/MHSTSuffolk).

We regularly meet with members of staff at Mildenhall College Academy, therefore if you have any concerns associated with your mental health, please speak with staff at the academy who will liaise with us.

Do you have any questions for the Mental Health Team to answer in the newsletter? If so, please email katherine.croft@attrust.org.uk

We are delighted to receive this Certificate of Appreciation from the Royal British Legion's Poppy Appeal.

Thank you to all students and staff for helping to support such an important charity.



Duke of Edinburgh

The Duke of Edinburgh students have been practising putting up tents. This is in preparation for their upcoming expeditions where students will seek to achieve their bronze and silver awards.

We hope the tents are put up correctly in case of those April showers!



Resilience and Ambition@MCA



S1 - 3rd Feb 23



C11 - 17th March 23



B5 - 24th Feb 23



A1 - 24th March 23



B8 - 3rd March 23



N2 - 31st March 23



S5 - 10th March 23

Congratulations to all our attendance winners this half term!

Teamwork@MCA



attendance
MATTERS



As part of our work with Digital Schoolhouse (an organisation promoting Computing in primary schools), we have run free workshops for local primary school students.

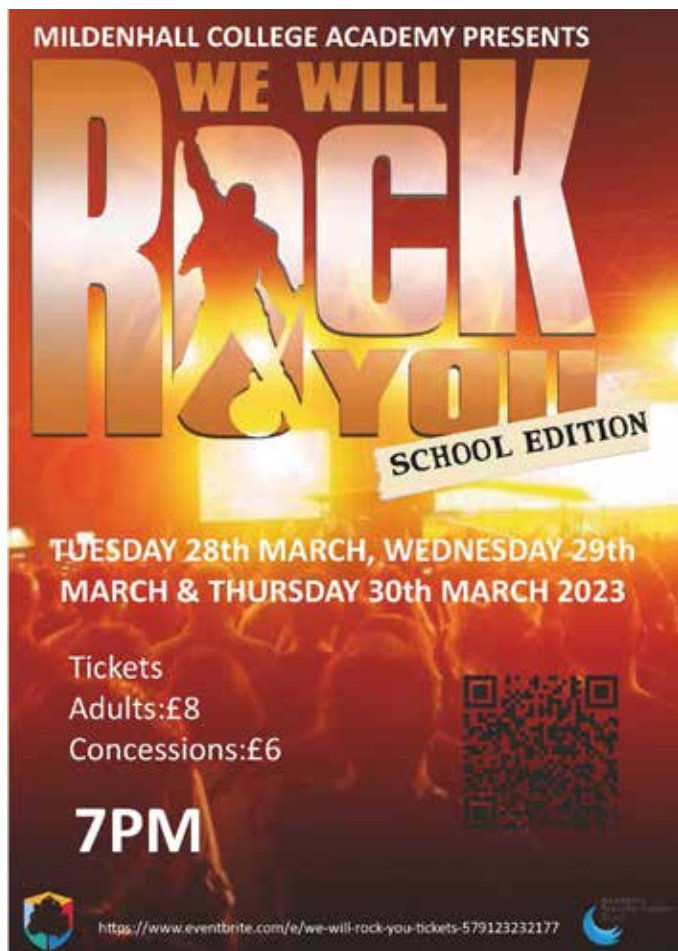
This term around 60 students from years 5 and 6 at West Row Academy visited us to learn about web design.

Students were taught in the computer rooms at MCA and got to experience the environment that many of them will be using regularly in a year or so.

This was linked to their own Computing lessons and allowed students to learn new skills to design and create a website in an afternoon.

As part of the workshop, students learnt a little bit about the history of the world wide web. This included its founder, Sir Tim Berners-Lee. The students enjoyed the activities and were really enthusiastic throughout their visit, creating some impressive websites in the short time they were with us.





The main hall at Mildenhall College Academy was full of enthusiasm and anticipation for the three performances of 'We Will Rock You' on Tuesday 28th March, Wednesday 29th March and Thursday 30th March 2023. The cast, crew and band were made up of a range of talented students from across Years 7-11. 'We Will Rock You' is the first Academy musical for seven years. Prior to this there has been a multitude of drama



performances and music concerts, deeply loved by the community; increasing the eagerness for this production.

'We Will Rock You' is a jukebox musical based on the songs of British rock band 'Queen' and the story by Ben Elton. The energetic choreography and catchy Queen rock songs made it inevitable for everyone to dance and sing along.

Some memorable moments for us had particularly been 'I Want It All' and 'Crazy Little Thing Called Love', which had powerful choreography and strong vocals by 'Brit'; Ruby Moyo Year 7 and 'Oz'; Erin Perkins Year 10. Several powerful ballads such as 'Bohemian Rhapsody', 'You're My Best Friend' and 'Somebody to Love'



were sung superbly by Galileo; Luis Baptiste Year 9 and Scaramouche; Chloe Fuller Year 9. Another strong duo was the evil Killer Queen played brilliantly by Tamara Essombe Year 10 and her minion, Kashoggi played by Will Ibbs Year 11. Killer Queen's 'Another One Bites the Dust' was sung wonderfully, and this was matched with electrifying choreography by the chorus dancers. Kashoggi's character was hilarious to watch as he schemed with Killer Queen throughout

Academy Performance

the show to bring down the Bohemians. He delivered his song 'Seven Seas of Rye', with assurance and style. More sensitive moments in the show included Buddy's 'These Are the Days of Our Lives' sung with ease by Makatendeka Hwemende Year 9 and Oz's song 'Only the Good Die Young' performed beautifully by Erin Perkins.

The chorus all worked hard, each having significant roles such as dancers, Gaga Girls, Bohemians, teachers and police. Another fantastic element of the show was the fact that the amazing band made up of predominantly by MCA students. Behind the scenes the show was supported by more students doing hair, make up and tech.

It was evident from the student's faces how much joy and satisfaction being a part of this show has been. Ultimately,

'We Will Rock You' was fantastic, fast paced and electric. We can't wait for next year's academy production!

By Year 13's Alex Endean, May Barker and Bethany Keeble



Thai Visitors

MCA recently welcomed some visitors from Thailand. Whilst being hosted by MCA they have enjoyed many activities including baking carrot cakes with 8Q1.

This was part of a 5 day exchange organised through the British Language School.



Together@MCA



Crufts

Our show day started at 5am, we travelled to the NEC in Birmingham. In preparation for the shows I brushed Olive and sprayed her, cleaned her eyes and took her around the arena so she could get used to her surroundings.

My first show was the Junior Class and there were 15 other Tibetan Spaniels in this class. We began by walking the ring to show how well Olive walks and got her to stand. We then put Olive on the table where the judge checked her over from her teeth right down to her tail to see how well she meets the Tibetan Spaniel standards. I was the youngest competitor in the Tibetan Spaniels shows and there were 168 dogs entered.

Jean Townsin, Year 8



U12 Touch Rugby

The Year 7 girls went to their first rugby tournament at Stowmarket High School. Bearing in mind the girls had limited knowledge on the sport, they did brilliantly. The girls started off with a 1-0 win against East Bergholt with a fantastic run down the line. By the end of the first game, the girls were showing a good structure to their game. They went into their second against Stowmarket and only lost 1-0. The girls showed some excellent, patient play, working the ball down the field. Gracie-Mai Lloyd was leading from the middle of the field with great support play from Amelia Claydon-Soares and Holly Bosley. The girls finished with a 1-0 win over Castle Manor in their final game. The girls showed good discipline here and had improved their skills from their very first game. Some excellent defensive work from Evie Wilkinson, Maja Bisewska and Erin Bailey. There was further attacking runs from Evie Byrne, Amelia Coe and Lilly Basing. The girls enjoyed the afternoon so much they asked for another game at the end! We are very proud of their performance and resilience to improve. They are looking forward to their next tournament.

U13 Basketball

The MCA girls competed in their first basketball fixture of the year against Westley. The girls played on a full size court, with four 10 minute quarters. This was a very physically challenging game, but it allowed MCA to grow into the game. We started the first quarter well, scoring some excellent baskets, and ending it in the lead.



Westley stepped up their game in the second quarter and took the lead going into half time. MCA motivated themselves for the second half, and knew they had to work hard to bring the game back. Some great defensive play from Grace Nixon kept Westley's possession down. Rosheen Leonard and Summer Starling shot some great baskets, using their dribble effectively. Unfortunately the girls ended up with a defeat to Westley but fought hard all the way through. With a lot of new faces in the team, the girls played really well.

U12 Rugby

The boys started off their first game of rugby against Stowmarket. This was a great contest between both schools who were evenly matched. All the boys showed amazing resilience throughout the game and a desire to win. Unfortunately, a late Stowmarket try prevented us from taking the win and the first game resulted in a draw. The boys showed great desire in our second game against St Benedict's in which MCA demonstrated

great teamwork that gave us a couple of tries. St Benedict's school scored a couple of tries of their own, however a late burst of speed gave Mildenhall our first win of the competition.

Our third game was against Thurston who also had a strong side. Some great tackles from Callum Clarke and Lennon Charles kept Thurston quiet for the first half of the game however, the boys tired towards the end which allowed Thurston to take a late win scoring a couple of tries. Our last game was against Ixworth school. The boys showed great grit from falling behind early on and continued to move forward with the ball. Unfortunately, Ixworth were a little too strong and Mildenhall finished the tournament with a loss. Overall, the boys represented the academy very well and had a great experience playing their first tournament of rugby.

The U12 Rugby competition was hosted by Ipswich school on a very wet Friday afternoon. Mildenhall, competed in our first game against Chantry Academy where we started off very well. Some great passing from Mildenhall opened up a lot of space in the Chantry defence which allowed us to run through and score our first try. The pressure was constant straight after the first try and Sam Batey was able to score Mildenhall's second try from a quick offload from Ethan Neville. The boys showed great desire to stop Chantry from reaching our own try line which allowed us to capitalise and Luke's run made the score 3-0.

Our second game was against Castle Manor. The boys started how they left off against Chantry with Lennon Charles powering through their defence and getting our first try. This was quickly backed up by Joseph Alexander who scored our second try. Castle Manor applied some late pressure but, some strong tackles prevented them from getting a try. This allowed for a turnover and Sam Batey got another try that finished the game 3-0.

Lastly, Mildenhall played Thurston. The boys battled the whole game with some strong tackles from Leo Park and Lennon Charles. Unfortunately, the boys lost the last game 3-0. All of the boys represented the academy very well and demonstrated all of the traits.

U13 Futsal



On Wednesday 22nd March, the year 8 Futsal team was invited to play in the county finals at Thurston High School. This was after winning the qualifying games. There was a total of 5 teams there, with MCA winning all 4 games, including 3-1 against Copleston, 4-0 vs. Thomas Mills, 2-0 vs. King Edwards and 8-3 vs East Point.

All 7 boys scored at least once, with Ben Cross making some great saves in goal. Dylan Shaw and Jesse Logan made some powerful shots and runs, alongside some quick feet from Maxim Mlityalwa, Henry Edwards and Max Rose. This meant that the Year 8 boys came out as County Futsal Champions for Suffolk! The group represented the academy in an impressive manner, going from strength to strength.

U12 Basketball

The boys started the game very well and put pressure on King Edward's by winning the tip off and scoring the first points. Oliver Gray was quick to score another 2 points for Mildenhall and we quickly found ourselves 4-0 up. King Edward reacted very well from falling behind early on and found 2 basket of their own levelling the score. King Edward applied more pressure and went into the second quarter 6-4 up. The second quarter was very evenly matched with both teams taking a lot of shots but failing to make a breakthrough. In the third quarter, King Edward extended their lead with another couple of baskets taking the score to 12-4. We managed to get a basket as well and reduced the deficit to 12-6. The last quarter allowed both teams to play full court press. King Edward managed to close down the play quickly and scored a basket towards the end of the game. The final score finished 14-6. The boys showed a lot of resilience and teamwork and finished the game strongly representing the academy.

U13 Indoor Cricket



The U13 girls went to Newmarket to take place in their first indoor cricket tournament against Barnadiston Hall and Newmarket Academy. The girls were nervous for their first game but settled really well. The girls were learning the best tactical plays whilst they were playing and they were understanding what MCA needed to do to improve. Unfortunately MCA lost 74-45 to Barnadiston, who played some fantastic cricket. However, the girls learnt from their first game and came out fighting against Newmarket academy. Some excellent bowling from Holly Bosley saw a number of players bowled out.

We had other students take to bowling for the first time, and displayed resilience to get the technique right. On the batting front Grace Nixon hit some amazing shots, scoring a few sixes. Erin Bailey was a calm presence during her bat, helping the team to score a number of runs. Overall the girls had a fantastic game and came away with the win 101-74. The girls enjoyed themselves and it was a lovely atmosphere.

U13 Football

The Year 8 boys football team faced off Sybil Andrews in the West Suffolk County Final. After a rocky start the breakthrough came after a creative piece of play from Maxim Mlityalwa. MCA were more positive in the second half, dominating possession in attacking areas and were rewarded with well taken finishes from Maxim Mlityalwa and Henry Edwards.



MCA continued to create chances throughout the half, including brilliantly timed runs from Henry Edwards. Despite the scoreline, Sybil Andrews continued to work hard to stop countless MCA attacks. MCA looked a threat from corners, with Jesse Logan hitting the bar after a ricochet in the box. Henry Edwards and Maxim Mlityalwa both scored themselves a second goal after well worked build up play, showing patience and vision. MCA showed good defensive prowess throughout the game and shots were safely handled by Ben Cross. Jesse Logan showed good leadership skills, marshalling the back 4 and the rest of the team, with constructive comments to help the team.

MCA were deserving winners of the West Suffolk Final, they are looking forward to the semi-final of the county cup in a few weeks' time.

U12 Futsal



Mildenhall welcomed Sybil Andrew academy to our first Futsal game. It was a quick start from Sybil Andrews who looked more comfortable on the ball at the start of the game. This led them to scoring two quick goals early on in the quarter. They then found a late goal in the first quarter and Mildenhall found ourselves 3-0 down. However, the boys' resilience showed and they managed to score early on in the second quarter with a brilliantly worked goal. A late goal took us into half time 3-2 down. Mildenhall carried on this positive football throughout the last two quarters where we had numerous shots throughout but could not find the equaliser. Unfortunately, Mildenhall lost 3-2 but showed great spirits throughout the whole game.

U15 Football

The U15 boys had their 3rd game of the Suffolk Cup at home against IES Breckland on Tuesday 14th March. MCA started off the game very strongly with 3 very well taken first half goals after dominating much of the possession in the game. During half time a few changes were made and the team started off the

second half well with a superb goal making it 4-0 after about 40 minutes played. Midway through the second half the snow started shortly followed by heavy rain which dried up the goals. At full time the score was 5-1 to MCA after a very successful performance. The team have now progressed to the 4th round of the Suffolk Cup where they will play Benjamin Britten in Lowestoft.

U13 Handball

On Monday 20th March, the Year 8s competed in a Handball tournament at Thurston. The tournament consisted of 4 teams. Games were 8 minutes long, with each team playing against each other, before having a third and fourth place play off and the first and second play off. The boys started really strongly, winning all three games convincingly. First of all, they beat Thurston 9-2, they then beat Westley 8-2 and Stowmarket 4-0. This put us into the top 2 play offs, where unfortunately we lost to Thurston 3-2 in a close competitive game. The students represented the academy well, and in a good manner. Some top performances from Zach Gibbins, Ben Cross and Henry Edwards however everyone played their part well.

U13 Football

On Thursday 23rd March, the Year 8 boys played in the quarter final of the Suffolk Cup away at Hadleigh. They won the game 4-1. With only 11 players, the boys showed some great resilience, especially with the difficult conditions as well. MCA had the majority of the ball, and created the better chances, keeping it solid at

the back. The boys worked hard for each other, starting with some very good leadership skills from the Captain, Jesse Logan.



Ben Cross made some good saves in goal as always. Overall, a very strong performance from the boys, putting them through to the semi-final of the Suffolk Cup.

U13 Rugby

The year 8 rugby team attended their first tournament of the year away at Westley on the 23rd of February. Even though we only had 7 players, every single one of them showed determination and resilience in their own performances. In the first game, we were up against Ormiston Sudbury who the boys played against last year and had some very close games, this one was no different and ended up being 2-2 in the end which reflected how close the match was. In the second game, we came up against a very tough Newmarket team who managed to beat us 4-2. Going into the last game, the boys were desperate for a win and thankfully got it when putting on a very impressive performance beating Ixworth 6-2, with Ben Cross scoring 4 tries.

U16 Rugby



14 students represented the academy in 5 team rugby tournament at Ipswich school. The schools included Pakefield, Thurston, Stowmarket and Hartismere. Unfortunately, the boys were unable to earn a victory in each of their games, however their effort and determination in each game was superb. MCA did score a couple of tries on the day and the pick of these came from Richy Edson after a well worked team move and Tyler Baxter with a wonderful solo effort.

U15 Handball



The U15 Boys played Thurston and Stowmarket in a three-team tournament. Both games were very competitive and there was a high level of skill shown by all students. Sebastian Mugabe was top scorer on the day and this included a 360 jump around a defender to score. Orlando Miceli used great footwork to

create key scoring chances. Rhys Horrex made some fantastic reaction saves in a couple of 1v1 situations. Lewis Morley was good in possession and used quick and effective ball movement to create scoring chances.

There was some solid defending from Tyler Kilroy and Tyler Baxter. In the end MCA narrowly lost both of their games, losing 12-9 to Thurston and 14-11 to Stowmarket. The students worked incredibly hard and demonstrated real team spirit throughout both games.

U18 Football

After reaching the semi-final the under 18 footballers narrowly lost in a hard fought game resulting in a 1-0 loss due to injuries amongst the sixth formers we welcomed a number of year 11 players into the squad. Well played all, better luck next time.



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CONTACT [VIXENS@BSERUFC.CO.UK](mailto:vixens@bserufc.co.uk)

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



T₁

Teamworkers

Together Everyone Achieves More.



R₁

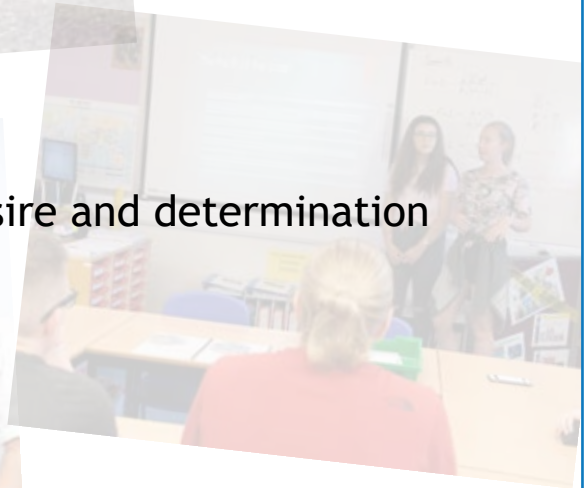
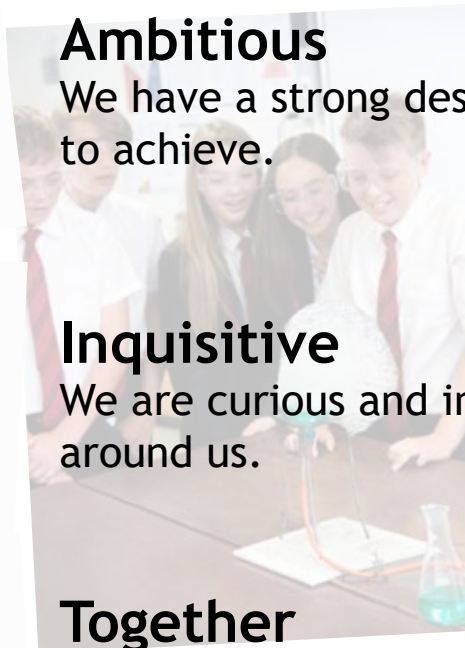
Resilient

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

A₁

Ambitious

We have a strong desire and determination to achieve.



I₁

Inquisitive

We are curious and interested in the world around us.

T₁

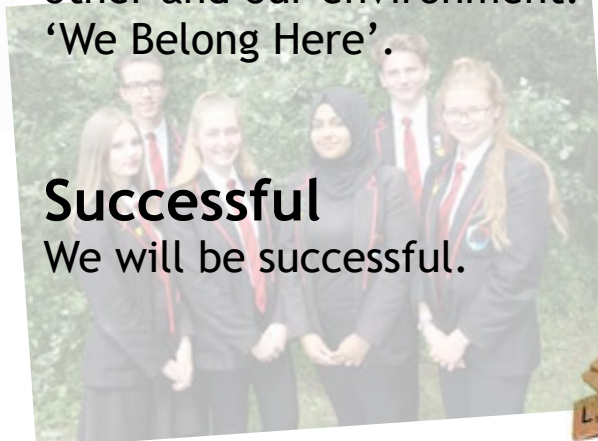
Together

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

S₁

Successful

We will be successful.





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FOOTBALL SYLLABUS INFORMATION

PROGRAMME BENEFITS

EDUCATION PATHWAYS 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

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

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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



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.