

Mildenhall College Academy



NEWSLETTER



May 2023



MCA Celebrates King's Coronation

Principal: Miss N Hood

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Dates For Your Diary



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

Tuesday 13th 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

w/c Monday 19th June - End of Year Exams Week 1

Friday 23rd June - Year 7 Art Trip Banham Zoo

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

w/c Monday 26th June - End of Year Exams Week 2

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

Wednesday 28th June - Sports Day 1

Thursday 29th June - Sports Day 2

Friday 30th June - PD Day

w/c Monday 3rd July - Year 12 Work Week

Wednesday 5th July - PE Rewards Trip

Thursday 6th July - Year 6 Meet the Tutor Evening 5-8pm

Friday 7th July - Year 11 Into Sixth Form Induction Day 2

Tuesday 11th July - Year 8 Science Trip

Wednesday 12th July - Summer Extravaganza 6pm

Friday 14th July - Year 8 Vaccinations

Tuesday 18th July - Year 6 Transition Day 1

Wednesday 19th July - Year 6 Transition Day 2

Wednesday 19th July - End of Year Celebrations

Thursday 20th July - Last Day of Term

Friday 21st July - PD Day



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 penultimate newsletter of the academic year. As I write this, Year 11 and 13 students are in the midst of their final examinations and I can honestly say making all of us proud.

They have shown ambition, resilience and a strong sense of togetherness which I am sure will translate into success.

There are a wide variety of examples of success throughout the newsletter reflecting the many opportunities available at MCA.

I hope over the coming half term more students get involved in the upcoming events.

Over the half term break I ask that you discuss the upcoming changes to the behaviour strategy with your child to help ensure they are prepared to succeed next half term.

I wish you all a lovely half term break.

Best wishes



Miss N Hood
Principal



Work hard; be kind

Working together; supporting individuals

Environmental Outreach

On Wednesday 19th April Dr James Fielding joined us from the University of Nottingham to deliver outreach on environmental careers and pollution in the Red River Delta, Vietnam. Some excellent analysis and discussion from Year 9 and 12 students.



Art

We are really proud to share these two beautiful paintings made during the Easter break by Jean in Year 8 who was very excited to show Miss Moles-Smith! Lovely work!



Follow the Art Faculty on twitter
@MCAartdept

Radiographer Visit

On Friday 21st April we welcomed Radiographers Molly and Daniel from Addenbrooks Hospital into the academy to talk about their roles, and opportunities within the NHS.



Prefect Thank You Trip to Chessington



As a thank you to the Year 11 prefect team who have been such great ambassadors this year we took them to Chessington World of Adventures for a day of fun, thrills and excitement.

The prefect team have been absolutely amazing this year and we are so incredibly proud of them.

They have demonstrated the MCA TRAITS every day and demonstrated all that is good at MCA. A great time was had by all.

Together@MCA





On the morning of Friday 21st April, the Year 11 Silver Duke of Edinburgh students embarked on their journey up towards Hunstanton for the start of their Duke of Edinburgh expedition. Unlike the Bronze Award, the Silver took place along the North Norfolk coastline and included a much more challenging terrain. The first day was challenging as they navigated some tough routes to walk a total of 13km from Hunstanton to Brancaster.

When the students made it, they were relieved and looking forward to setting up camp at the Norfolk Brickyard campsite. Upon arrival, we were greeted by the owner, Tim, who showed us to the campsite which was beyond our expectations. We had a good size, secluded pitch to ourselves. Next to our pitch was a barn, which included a dart board, seating (from a bus) as well as a disco ball. All of which was all very weird but wonderful. The showers were all 'outside' showers, which made showering harder than usual with the weather not being the hottest at the end of April. Nevertheless, most of the students did brave having a shower.

Day two included the toughest walk of the three days, from Brancaster to Wells-Next-The-Sea. This was a 19km walk along

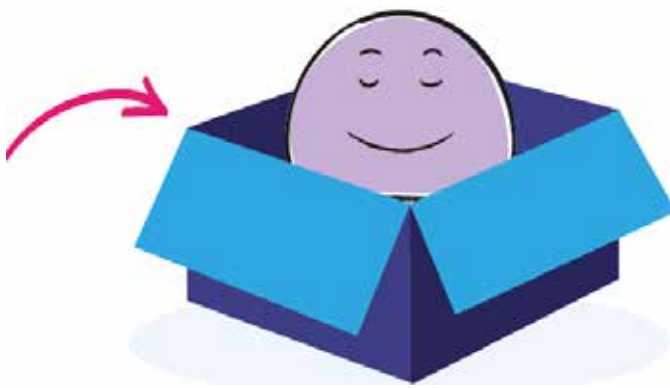
some sandy dunes and as it was not all pathways, this made it harder to navigate than day one. The students managed to power through and were all beaming when they finally saw Miss Morley and Mr Waterson at the finish line. After this, the students enjoyed a well earned fish and chip break along the Wells coastline. That evening, the campsite owner had the pizza oven on and as the students had walked so far on the Saturday they all shared some pizza which they cooked themselves in the oven and all thoroughly enjoyed.

The last day included the shortest walk of the trip, waking up earlier at 6am to have a quick breakfast before packing the tents up, the students set off on their final journey from Stiffkey back to Wells-Next-The-Sea and paced it quickly with no breaks as they wanted to finish quickly. As the students reached Wells, they were all happy and relieved that they had finally finished and completed their Silver Duke of Edinburgh expedition successfully. All the students should feel extremely proud of themselves for doing so well.



The MHST are aware that at times we all experience anxiety, especially around the summer term during revision and exams. We thought that the below strategy, a self-soothe box, which you can make, can contain things that help to ground you, reduce symptoms of anxiety, and make you feel more relaxed.

The Self Soothe Box



The self soothe box would contain items which should help you feel more relaxed and comfortable.

A self soothe box could be in an easy to reach location, such as a bedroom or in the living room. If possible, you could use this box in a quiet environment which you consider to be safe.

These are items that could be included in your self soothe box:

Touch: Items which are interesting to touch, which serve as a good distraction for hands. This may include fidget cubes/spinners, playdough or stress balls. This may encourage muscles to relax, which can help to reduce feelings of anxiety.

Memories: These could be items which have positive memories attached to them. This could include photos, toys or novelty items. This may help to boost positive emotions and reduce feelings of worry or frustration.

Smell: Smells which can help promote positive feelings and relaxation. This may include peppermint or lavender.

Music: This may be a favourite playlist or music aimed at promoting relaxation. This could be a wind-up music box or played through a music device.

Water: Regular sipping of water is a good way to keep a steady rhythm to breathing and heart rate, helping to reduce feelings of worry.

We have also included additional suggestions about items for a self soothe box that can be found at:

www.youngminds.org.uk/young-person/blog/how-to-make-a-self-soothe-box/

All the best,
Mental Health Support Team

Working together for
better mental health



Resilience@MCA

Cambridge University Visit

A group of Year 11 and Year 12 students spent the day visiting Cambridge University to find out more about the degree courses on offer, the application process and what it is like to study there.

They were lucky enough to have a tour of both St Catharine's College and Peterhouse College to see the impressive academic facilities on offer as well as the student accommodation and the huge range of social opportunities. Our students heard from several student ambassadors about their experiences of studying at Cambridge and about the application and interview process.

Our students had a wonderful time and asked lots of interesting questions! Many of our students are considering applying for Oxbridge and other top universities and we have some future events coming up and visitors to MCA⁶ that will support with the UCAS process, writing personal statements and how to apply for a range of different degree courses.

Ambition@MCA



Park Run Litter Pick

On Saturdays the Hub hosts a parkrun. We are incredibly proud of Year 11 students Mia and Izzy who volunteered some time on a Saturday morning to complete a litter pick around the parkrun course. They managed to fill bin bags full of litter. Thank you Izzy and Mia for showing our TRAITS.

Together@MCA



Geography Field Trip

Year 12 and 13 Geographers enjoyed exploring the Queen Elizabeth Olympic Park on their field trip on Thursday 27th April.



Happy Retirement

Our amazing gardener Mr Marshall retired today.

Mr Marshall attended Mildenhall Secondary school, then worked for 23 years at the same site when it became Riverside Middle School, then Mildenhall College Academy and now MCA6. Keith has always worked hard to make sure our grounds look beautiful.

Happy retirement Mr Marshall, we wish you well.





On Wednesday 10th May we took a group of 10 Year 7 girls to Adastral Park supported by sixth form student, Cassidy. Adastral Park, located near Ipswich, is home to BT's research centre and around 150 technology companies.

The aim of the trip was for the students to gain an understanding of careers available in technology as well as preparing the students for the Cyber First Girls Competition that will be taking place for Year 8 girls in the autumn term.

Throughout the day, the girls took part in a range of activities organised by Cyber First and BT which taught students useful skills for the competition. Activity one was a cypher hunt. Students had to crack encrypted secret messages to find clues to the final secret location. This was an excellent activity to get the girls really excited for the day and woke them up as they had to get moving around the hall.

Activity two was a logic activity. Students learnt how computers follow rules to perform the tasks they carry out for us. This activity really got students thinking as most students had never come across this before.

Activity three was a computer based task. Students had a range of puzzles to solve in teams, simulating the Cyber First competition. Each activity scored the team points so the girls were competing against teams from other schools attending.

Activity four was a visit to the Customer experience showcase. this is where BT puts new technological developments in the environment they were designed for so people can understand the new technology. The students got to see how 10 Downing Street is protected by multiple layers of security and how technology is changing how healthcare can be delivered.



Adastral Park Visit

Activity five was a programming task. The students had to solve calculations to work out the correct sequence of instructions to programme a Beebot to follow a secret path. This activity required teamwork, resilience and debugging skills.

The final part of the day was a careers panel. Four women currently working at BT took to the stage to be bombarded with questions from the excited students. Students wanted to find out about what a day looks like, the best and worst parts of the job and recommendations on how to get into technology.

A big thank you to Cassidy who supported Mr Sexton well throughout the day hopefully helping to inspire the next generation of girls into Science, Technology, Engineering and Maths careers.





On Friday 5th May MCA celebrated the Coronation of King Charles III and Queen Camilla with Coronation cupcakes for all students and staff. A huge thank you to Mrs Peacock and Mrs Feenan and their students helpers.

NHS Visit



On Tuesday 25th April, Beth a registered Nurse Associate at the West Suffolk Hospital, and former MCA⁶ student, visited the Sixth Form. She spoke to the Health and Social Care students about her own career progression and brought awareness of the many different job opportunities within the NHS.

Students were able to ask many questions relevant to their coursework and receive insights into real life application and practice. The students were surprised by the many roles that the NHS has to offer and the different potential routes into these.

Careers Talk



Students from years 10 and 12 took part in a virtual careers talk from Amanda and Emily who work at BT. The talk focused on software engineering and Amanda and Emily spoke about what their job looks like on a day to day basis. Each introduced what their specific role is and how they carry out their tasks.

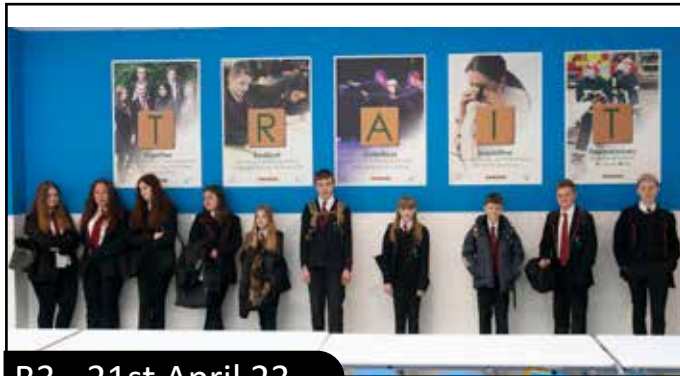
They also took the time to explain how what they do is linked to the curriculum we teach at MCA. Amanda and Emily have also shared this Instagram link which shows what a career in technology looks like:

www.instagram.com/reel/CrIbJU3At9Q/?utm_source=ig_web_copy_link

We are hoping to follow this up with a similar talk on Database engineering after half term.

Teamwork@MCA

Resilience and Ambition@MCA



B3 - 21st April 23



B4 - 19th May 23



B7 - 28th April 23



A2 - 26th May 23



C3 - 5th March 23



C8 - 12th May 23

Congratulations to all our attendance winners this half term!

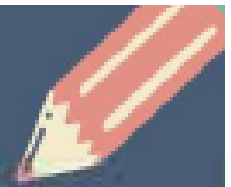
Success@MCA



attendance
MATTERS



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



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

A black or blue
pen (and a
spare)

A ruler for
underlining
titles and dates

A green pen for
responding to
feedback

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

A scientific
calculator for
Maths and Science

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

U13 Boys Football

On Wednesday 19th April, the Year 8 boys continued their incredible run in the County Cup, to beat Ormiston Sudbury Academy 3-0 away from home in the semi-final of the County Cup. In difficult conditions, with the wind playing a huge part and the pitch not being to a standard, the boys fought hard and showed a real team spirit from start to finish. The first few minutes were tough, with MCA playing against the wind, making it tough to get hold of the ball. Ben Cross, considering the wind, played one of his best games yet, as he was reading the game and the flight of the ball to perfection all game. Half way through the first half, MCA managed to find a breakthrough. This settled the boys down and started to play some of the football they are capable of.



In the second half, it was all MCA, who continued to press. With Bailey Gibbs having a number of chances to make it 2-0, he eventually did this with a great run and finish. Eventually MCA were able to round the scoring off, with a well worked throw-in routine. Overall, another positive performance from the boys, with some great teamwork again. On Thursday 4th May 2023, the U13 boy's football team were on their way to the County Cup Final against Kesgrave. With the game being played at a neutral venue, we travelled to Needham Market Football Club, to play on their 3G pitch, for a 3pm

Kick-Off. As we arrived, we were greeted well and told which changing room we would be in, once we were in there the boys got ready and were very excited. The boys went for a thorough warm up prior to the game before going back in for the final preparations.

The game kicked off, and Kesgrave started quickly, not giving us much time on the ball. Although MCA had the better chances in the first 10 minutes, it felt that Kesgrave looked the more threatening and continued to press. MCA grew into the game and weathered the Kesgrave storm well. Maxim Mlityalwa had a free kick, hit the cross bar from the edge of the box, which gave MCA confidence. Bailey Gibbs made a good run, however was just offside. Bailey looked threatening all half, creating big chances. Eventually, Maxim Mlityalwa spotted Bailey's run and played an impressive pass through to him. This time, Bailey timed his run well and was onside.



He opened his body up to go across goal, but slotted it in the near post. 1-0 MCA and the boys were now on the front foot. In the second half, the game was very evenly matched. Ben Cross was again outstanding, making some brilliant saves. MCA were again threatening, when creating opportunities, with some good build up play managed to go 2-0 through a good finish from Maxim. Robin Munro soon after made it 3-0 with a good bit of play and run down the right hand side, before putting it across the goal from a narrow angle.

Morgan Kachokammanja played a vital part in blocking the defender off and assisted in letting the ball go in for Robin to get his goal.

All round really good team performance from him. Again, Maxim was played through and was in on goal. With good composure, he took it round a defender and then the goalkeeper, before tucking away his second of the game. Saul Andrews broke play up well in the middle, protecting the back four throughout the game. Aiden Bennett was strong at the back, and Dylan, who changed position, into a more unknown one, played a very impressive game. Overall, MCA came out on top in a tough game against Kesgrave, beating them 4-0, making them Suffolk County Champions! The boys again, represented the academy in the best way possible, setting a really good example in front of members of the academy and parents/carers. MCA U13 boys have now won 3 out of a possible 3 trophies this season and have been a pleasure to watch and work with throughout the year. Thank you to everyone who came to watch and support the boys on their big day, it really helped them push through.

U14 Touch Rugby

The U14 went to their first Touch to Twickenham event at Wymondham Rugby Club. It was a fantastic day, with students warming up with some drumming to music! Our students had not played together as a team but



were encouraging each other throughout the day. There were some great tries from Tristiaan Wagenaar, Sebastian Hobbs and Harvey Coe. Sam Norton also showed some great initiative in lots of plays. Unfortunately, we did not come away with a win, but gained lots of experience and showed great camaraderie throughout. Students were also excited to have the opportunity to play again next year!

U13 Rounders

The U13 rounders team arrived at Thurston for their first tournament of the year. Our first game was a close fight against Horringer. MCA demonstrated consistent and accurate fielding, stopping lots of points being scored. A superb catch from Marika Wegrzyn, sent one of the Horringer players straight out. When our girls came into bat, we made great contact with the ball, allowing the opportunity to score some rounders. The overall score of this game was 4 ½ to MCA and 3 ½ to Horringer, a great first result! Our second fixture was against Thurston. The girls went into this game with confidence after their performance in the first game. They had some good fielding decisions and a strong innings in bat again – Mila Mileriute with a great left handed hit. However, Thurston demonstrated some clinical fielding and took the win 8 rounders to 4 ½. The scores from our MCA girls were consistent and they performed brilliantly considering this was the first time they had picked up a bat since last year! Onwards and upwards to the next ones.

Leadership

A range of leaders from Year 8, 9 and 10 undertook some cricket leadership training in preparation for the upcoming Primary School Cricket events. Suffolk Country Cricket attended MCA and gave leaders information on how to umpire a cricket game correctly. The students applied their learning to some games and showed enthusiasm throughout. We look forward to supporting the upcoming events!

Ski Trip to Tonale Italy

On March 30th 2023, after 3 years of planning the MCA Ski Trip departed to Tonale, Italy. It was such a valuable experience for all students who attended and a fun one too! We had laughter, falling over and a great time together learning to ski on the mountains in Italy. Every student came back with a huge smile on their face.

I am happy to announce that we will be running a trip again next year in March 2024 to the same resort. For information please see Miss Morley.



Ski Trip to Tonale Italy - A Student View

At the end of March a group of 21 students were lucky enough to attend the Italy Ski Trip that was finally running again after a few years of cancellations due to Covid. The trip involved 5 days of supervised skiing on the mountains with an instructor. On the first day we were split into groups and taught basics by the instructors. Having the group system meant that people who had previous experience were able to get straight into the more advanced techniques while those who were new to skiing were able to learn basic skills before going on longer slopes.

These groups were slightly shuffled around throughout the trip which helped us to meet different people and make new friends. Five days may not seem like a lot of time but from the first day to the last, everyone made so much progress. It wasn't constant skiing; we were able to sit down to have lunch together. One afternoon we went up to the peak of a mountain just to look at the amazing views.





There was much more to the trip than just skiing, we managed to fit in some activities in the evenings. We went bum boarding (my favourite one) down a slope and raced each other to the bottom.

One night we went to a pizzeria for dinner and then walked through the town to get ice creams. There was also a disco involving all the schools that we were skiing alongside. It was the perfect way to end the day.

We stayed in the Frigidolfo hotel in Ponte di Legno. The food was incredible and something I looked forward to every day. We were served three courses for dinner and a buffet every morning consisting of baked goods, fruit and cereal. The rooms were very nice and cleaned daily while we were skiing. Every room had an ensuite and housed between 2-4 people.

This was perfect though as we really got the chance to connect and talk to people. Overall, the trip was the best holiday I've been on in a long time. I made many new friends and grew closer to the ones I went with. Skiing was such a new experience for me, but I enjoyed every second of it, even falling over.

The teachers whom accompanied us on the trip were amazing and we were all so grateful to have had this opportunity. This trip is a fabulous experience that I would recommend to everyone!

Aron Mazey, Year 12.



Follow the PE Faculty on twitter
@MilPEdept

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

Clubs and Activities **S U M M E R** 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
First Lunch (7/9/11)	Yr 7 & 9 Football Astro (Week A) LGBTQ+ Club S22 (Week A) Environment Committee F17 (Week A)	Book Club F16 N&DYFC Connect Club (Year 7) Library ESports G14	11B GCSE Music Drop In S12 (Week B)	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 F17 (Week A)	Badminton Sports Hall (Week A) Football Astro (Week B) N&DYFC Connect Club (Year 8) Library	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 (Week B) Short tennis Hard Courts (Week A) Rounders Hard Courts (Week A)	GCSE Maths Revision S4 Homework Club Library GCSE ART F20/ F21 Rugby Field (Week B) Fitness/ Athletics Field (Week A) Fitness For All MCA6 (Week B) Lego Engineering G14 Netball Hard Courts Cricket Astro (Week A) Business Club G12	Singing Hub S12 Year 11 Further Maths S2 Homework Club Library Basketball Sports Hall BTEC Sport G6 Football Astro Gils Touch Rugby Field (Week A) Swimming (7Q only) Science G3 (Week B)	Homework Club Library Basketball Sports Hall



T₁

Teamworkers

Together Everyone Achieves More.



R₁

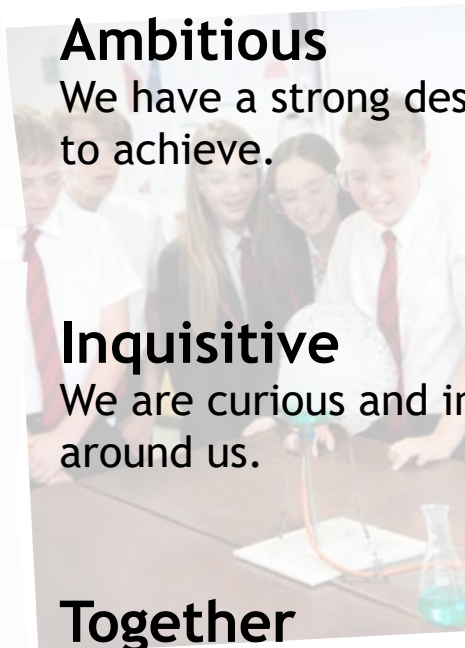
Resilient

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.



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



BURY RUGBY CLUB

GIRLS RUGBY!



© Steinaro Stone Working Photographs



© Steinaro Stone Working Photographs



© Steinaro Stone Working Photographs

VIXENS GIRLS' RUGBY
COME AND JOIN THE PACK.
TRAINING WEDNESDAY AT 6PM
ALL ABILITIES WELCOME, AGES 11-18.
ALL ENQUIRIES PLEASE CONTACT: [VIXENS@BSERUFC.CO.UK](mailto:vixens@bserufc.co.uk)

BSERUFC, IP33 2BL
CONTACT [VIXENS@BSERUFC.CO.UK](mailto:vixens@bserufc.co.uk)



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POST 16 FOOTBALL & EDUCATION PROGRAMME

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OR TO REGISTER YOUR INTEREST

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USING THE POWER OF
SPORT
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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

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



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.