

Mildenhall College Academy



NEWSLETTER



July 2023



A Wonderful Celebration of Year 11

Principal: Miss N Hood

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Dates For Your Diary



Last Day of Term - Thursday 20th July

Uniform Shop - Wednesday 16th August 10am

A Level Result Day - Thursday 17th August 9-11am

GCSE Results Day and MCA⁶ Enrolment - Thursday 24th August 9am-12pm

Teacher Training Day - Monday 4th September

Years 7-11 Return - Tuesday 5th September

Year 13 Enrolment - Tuesday 5th September 9-12

Year 12/13 Lessons Begin - Wednesday 6th September

*Year 7-11 students should arrive in full academy uniform by 8:50am on 5th September where they will be directed to line up in their tutor group on the field



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 final edition of the MCA Newsletter of the academic year, and what a bumper edition it is too! There are so many examples of the wide ranging enrichment opportunities available to all students and of the successes and achievements across the Summer term.

I would like to take this opportunity to congratulate all students on their participation, contributions and successes and also to thank the staff for giving their time, commitment and expertise to ensure these can take place. I also extend my praise and thanks to the Year 11 and Year 13 students who sat their examinations this summer. They did so with great resilience, commitment and determination and it was so lovely to celebrate with them through the Prom and Mid-summer Ball. Both events were brilliant and well attended by students and staff and there are some lovely pictures included in this newsletter.



You will see inside this edition our slightly amended timings of the day for next year. We are introducing a Morning Meeting (formerly known as tutor time) at the start of the day. The purpose of this is for students to start the day with a consistent member of staff – their tutor to help ensure they are ready and equipped for the day ahead. It will include a range of activities and opportunities for students to be involved in interventions without missing out on lessons. At this time interventions for English, maths, wellbeing, paired reading and much more will take place. Year 11 now have a dedicated Tutor and will attend masterclasses in their core subjects each morning to support their learning and preparation for GCSE examinations. These sessions will focus on the key powerful knowledge that will help them to succeed. Our teaching and learning expectations are included in the newsletter and we hope that many students will get involved with the ‘summer challenge’ which is a great opportunity to continue their learning over the extended break and outside of the classroom.

At the end of the year we say farewell to some staff and get ready to welcome new staff in September. You can see our staff list on our website which will be updated in September. I would like to thank all staff for their hard work, dedication and contribution to MCA over the course of the year. I would also like to thank all parents/carers for their support in helping the academy to provide an excellent curriculum provision which is ambitious for all.

Finally I would like to take this opportunity to wish all parents/carers, students and staff a safe, restful and wonderful summer break.

Best wishes



Miss N Hood
Principal

Work hard; be kind

Working together; supporting individuals



The Scholastic Book Fair set up shop in our library for 6 days from 28th June to 5th July. MCA students and staff were delighted by the range of new titles available, many at discounted prices.

Our Library Supervisor, Mrs Grahn, organised this visit and aims to organise another in December - perfect for Christmas presents! Thank you to all students and staff who visited and a special thank you to parents and carers for supporting the Book Fair. Scholastic donate 30% of all sales to the academy. This is a fabulous way to update more books in our already popular library.

Inquisitive@MCA

Congratulations to Jace Gannon and Jessica Hinchcliffe who are the only two students to achieve their Gold TRAITS badge this academic year.

They have accumulated over 350 TRAITS points and are a true credit to MCA!



Hedgehog Rescue

On Wednesday 7th June we had a spikey visitor at MCA⁶. Knowing that a hedgehog sighting during daylight hours is highly unusual, we contacted the Suffolk Hedgehog Hospital just outside Newmarket who kindly took in our visitor and looked after him.



GOWARD & EVANS CHARITIES LAKENHEATH Reg Charity No. 253727

The Trustees wish to remind all residents of the Parish of Lakenheath that written applications for both 'Relief in Need' and Education grants (young people under the age of 25) are welcomed in advance of meetings held in March and September each year. Applications for our next meeting (including those wishing to apply for support for 6th Form/Higher/Further Education) are required by 25th August 2023 at the latest please.

Anyone may contact the Clerk to the Trustees (in confidence and at any time during the year) :

Mrs Laura Williams c/o 8 Woodcutters Way, Lakenheath, Suffolk IP27 9JQ

Mobile: 07796 018816

Email: laurawill@btinternet.com

Together@MCA



the students had a chance to relax and enjoy an evening meal which was much deserved to fuel up for the next day.

On the Sunday, the temperature was equally as hot as the day before which made the walk even more challenging. The students were up at 6am to pack away and have breakfast before embarking on their final 7-mile trek to finish at Thetford Rugby Club. The students found this day a lot harder than the first due to being tired from the day before. Nevertheless, all the students managed to push through and show resilience and determination to successfully finish their expedition. Great work from all. It certainly was an experience which all of the students will look back on with fond memories. They all were extremely proud of themselves for completing the expedition in the conditions they did.

The Bronze Duke of Edinburgh students completed their expedition on the weekend of the 10th and 11th of June. This was the hottest weekend of the year so far with temperatures reaching 28 degrees, so a lot of resilience was needed. Despite the heat, the students were in full spirit on arrival and up for the challenge ahead which included over 20 miles of walking across the weekend. On the Saturday, the students successfully navigated their 13-mile route through the Thetford countryside towards Thorpe Woodlands campsite. Due to the high temperatures plenty of rest breaks and water refills were included. By the time the students reached Thorpe Woodlands, many of them were tired however they had to then assemble their tents for the evening. Once this was completed,



Hello from the West Suffolk Mental Health Support Team.

The school year is finished, and the summer holidays are here! Hooray! This also means change or transition. Some of you are moving up a year or moving onto 6th form, college, university, or a new job. Whatever the change this can bring about anxiety which is normal. Below are some tips on how manage this. This is also a good time of year to think about yourself and how to look after your emotional and mental health. Look below and devise your own summer self-care plan. Happy Holidays!

<https://www.annafreud.org/media/15030/my-self-care-plan-secondary.pdf>

<https://www.youngminds.org.uk/parent/blog/how-to-help-your-child-manage-the-transition-to-university/>

<https://www.youngminds.org.uk/young-person/blog/coping-with-the-transition-in-to-year-13/>

<https://www.youngminds.org.uk/young-person/blog/tips-for-coping-with-anxiety-about-change/>

<https://www.youngminds.org.uk/young-person/coping-with-life/self-care/>

For more information follow us [@MHSTSuffolk](#) | [Twitter](#) | [Linktree](#)

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 school who will liaise with us

Suffolk Mental Health Support Team



Year 11 Prom

MCA would like to congratulate Year 11 on completing their GCSEs. We look forward to celebrating with you on **Thursday 24th August**.



Ambition@MCA



MCA would like to congratulate
Year 13 on completing their
education at MCA⁶.

Good luck with the next stage
of your journey.

Stay in touch!



Together@MCA



Introducing the new prefect team!

We would like to congratulate those who have made the new Year 11 Prefect Team. We are immensely proud of their achievements so far and we know that they will be incredibly proud of their leadership over the coming year.



Gardening Club

Over the last 12 weeks, I've been making an owl sculpture in the after-school gardening club. We collected twigs and branches from the MCA6 woods and used logs covered in sawdust for the main body. The wings are made from twigs and covered in feathers made from tree bark. I really enjoyed making it and I'm proud it's in reception so everyone can see it. My next project is to make a whale for Miss Wright's office.



By Connor Hurren, Year 7



We left early in the morning on Thursday 22nd June. After a stress free bus journey we arrived at Dover and caught an earlier ferry. We explored the ferry, had some breakfast and arrived in France shortly after. Our first stop was Talbot House and just like the soldiers over 100 years before, we had lunch in the gardens and a cup of tea. The short service in the Upper Room set the tone for our trip.

Our first two days we explored different sites around Ypres in Belgium. We visited a variety of cemeteries as well as more unique memorials, such as the Chinese Labour Corps memorial, remembering some of the forgotten soldiers involved in the War. Langemark Germany cemetery was very different and it showed how all sides have remembered their war dead. It was special to learn about the lives of various soldiers (and nurses) involved in the War, especially being able to visit Tom's Great x3 grandad's grave. As well as having these thoughtful experiences, it was also a pleasure to explore some original trenches, relax at the Peace Village and see the Ypres rally! On our final day we returned to France and went to the Somme battlefields. It was surreal to be given names of soldiers, and walk

the same fields that they died on. The scale of Theipval was mind blowing and helped to put into perspective the lives lost in the War.

We were very proud to represent MCA in Belgium, by laying a wreath at the Menin Gate, by hearing about how we have taken part in reburial services in the past and seeing our own memorial outside the Peace Village to the Christmas Truce of 1914.

We would recommend the trip to anyone interested in the War and we think it will really enhance our learning when we study the First World War as part of our GCSE in Year 11. Thank you to all the staff who made it happen and Glen our bus driver.

by Abi Stalker and Lucas Cleere





Summer Showcase

A diverse and exceptional musical evening took place on the 6th July where our younger musicians took to the stage to perform in our Year 7, 8 and 9 Showcase.

There were some amazing performances and the sense of support and camaraderie between the students (and audience) was heart-warming, especially for those who had never performed before. Our Singing Hub performed 'All I Ask' and Band performed 'Canon' with the finale being a rendition of 'Valerie'.

Well done to all of our young musicians, we can't wait to hear what they will perform next year !

The Apex

On the 11th July, five of our ATT schools came together for a Gala Concert at The Apex in Bury St Edmunds funded by Youth Music. We celebrated our unique musical styles with Samba bands, steel pans, rock and pop groups, vocal groups and orchestras. We celebrated our ATT togetherness by coming together for five joint songs. It was quite a spectacle to witness all 250 students and their teachers raising the roof of The Apex. The

event was lead by our Faculty Leader for Music Mrs Sayer working with Mrs Wright (MCA) Mr Damigella, Miss Brown, Miss Rickards and Mrs Ashman from our partner Trust schools.

Well done to all of our students who performed so magnificently.



Visiting Workshop



As part of our Youth Music funding we were able to welcome back professional singer and ex-student Steven Yallop to work with our singers. In a series of workshops he explored performance technique with our singers as well as showcasing his incredible voice. It was simply wonderful to see our up and coming musicians being inspired by Steven and making them realise that there are musical avenues open for them in the future. His advice and reassurance certainly paid off when the students performed later that month at The Apex.



Just one day after performing at The Apex the GCSE Music students were at it again with their 'Year 10 Disney Showcase'.

Expertly compered by Eden Patterson the evening was an opportunity for our amazing performers to take centre stage with a huge variety of songs as well as a guest duet from Mrs Wright and Mrs Sayer.



Teamwork@MCA



This year, the Environment Committee were invited to the first Suffolk Youth Climate Conference! They were invited because of their hard work in introducing wastepaper recycling to the academy, clothes swaps and raising awareness of environmental issues at MCA.

In total, seven MCA students attended the conference, which was hosted at West Suffolk College. They were Hannah Barker from Year 11, and Edward Cruikshanks, Christopher Frost, Benjamin Kerry-Jefferies, Jayden Murrell, Lyra Sloman and Zack Stanford from Year 7; all of whom have been busy with the MCA Environment Committee throughout the year.

On arrival, the group were given biodegradable wristbands with wildflower seeds in them to plant at home. They then met Springwatch presenter Megan McCubbin and were excited to be given a signed copy of her new book, *An Atlas of Endangered Species*. Megan went on to give the keynote speech at the conference. The Environment Committee found her an inspirational speaker. Megan talked about how she had experienced

difficulties at school as she has dyslexia, and how she did not know what she would do in life until she discovered her love of animals.

Megan described how she found a job in science communication and TV after having researched animal behaviour in the wild in locations around the world, and even from up a tree! Megan ended by asking us if we would consider ourselves environmental activists. At first, very few students said yes... but we soon realised that anyone taking part in environmental activities is really an activist.

Finally, the students signed a climate declaration pledging to work together to act against climate change. They plan to create a similar declaration for MCA in the new academic year.



The day ended with prize draws (Zack was lucky here), and the exciting announcement that the Conference will be back next year. The students left excited with lots of new ideas, and even took home armfuls of donated out-of-date fruit that would otherwise go to waste!

The group then took part in some networking with other Environment Committees from Suffolk's schools. This meant that we had to move around the hall, chatting to other students about ourselves and our environmental activism. Although initially shy, everyone eventually got stuck in and enjoyed chatting with other students. We were excited to discover that MCA was one of the most active Environment Committees present. We also shared ideas with other groups, which will help us in the new academic year!

After the networking activities, the students took part in the morning workshops. These included Suffolk's Youth Parliament, Green Careers, Food for Change, Planning for Biodiversity, and a workshop taken by Megan McCubbin.



So that MCA could take part in all the workshops, the students attended these groups in pairs or alone to share ideas. It was the first time they had taken part in an activity like this, but they all agreed afterwards that they had enjoyed it!

Lunchtime included a walk around "Green Street" where there were stalls and activities the students could take part

in, including quizzes, wood working, and finding out about energy from waste.

Edward managed to create electricity by cycling extremely fast!

After lunch, there were more workshops. MCA students took part in T-shirt making, a session on Eco Anxiety and helped create a Flag for the Future with students from all over Suffolk. The flag was created from environmentally friendly reused materials and water-based paint in just over one hour!

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On the 3rd July, ninety of our Year 12 students took part in Work Experience Week. This was a fantastic opportunity for our students to gain experience and insight into the real working world. The students had to arrange their own work experience - which for some of our students was really daunting but they did amazingly and showed resilience and determination to secure some really interesting placements, including medical experience with dentists and doctors, as

well as educational placements with our feeder primary schools, manufacturing companies in the local community, working with animals and working within the County Council as well as lots of other areas of employment.

Some of our students chose to be placed within our academy and completed various roles including office work, pastoral support and as a Teaching Assistant. These students also took part in a workshop organised and run by BarclayLifeSkills, where they had the opportunity to learn and improve their CV writing skills with current working professionals.

Please see below for the wonderful feedback we have received:



C was eager to learn new skills, polite with my customers and respected their homes. His attitude throughout the week impressed us all. I would gladly welcome C back with us anytime and also offer him a job with no hesitation. Please make sure he gets the recognition he deserves.

Edward Procter
E/P Building Services

After much deliberation, I chose to spend my week at My Dentist in Mildenhall. I was unsure what I wanted to do for the longest time but eventually came to the decision that I wanted to try my hand at dentistry. It was something that I had an interest in it, so it seemed like a good opportunity to find out if it was actually what I wanted to do in my future. I had a wonderful time, but I do not think that it is the right thing for me. Instead, I will pursue and look into other career paths.

Throughout my work experience, I got to see many procedures take place including extractions and fillings which were very interesting and even though I do not like blood, the staff were brilliant and made sure that I was feeling all right. Also, I saw how the nurses and dentists interacted with the patients during check-ups and watched as they explained what was going to happen and why they had to take certain actions. Patient interaction is a vital part of studying medicine so being part of that during my work experience was important to ensure that any application I made would be competitive.

We had many different patients come in from all kinds of backgrounds and of all ages, but the team ensured that everyone was looked after appropriately including helping some elderly patients to reach the practice. Many of the people that came in struggled with nerves during their appointments but I saw how these were handled by taking breaks and ensuring each patient

understood the procedure, showed to me how important empathy was in this career and how to deal with certain situations. One of things that the dentist asked me was “who is the most important person in the room?”, I answered that it was her, but she told me that it was actually the patient, changing the way I viewed each interaction.

The week was not just surveying and learning, I was allowed to interact with patients and have a go at various parts of the job, including some practical elements. The dentist let me work on a previously extracted tooth with her tools to clean out a cavity and fill the tooth with some material that I made up myself. Furthermore, I got to inspect different physical elements such as dentures and impressions which I even used to construct homemade teeth.

Work experience was a valuable part of Year 12 as I learnt so many new things; both relevant to the job and about the working world in general. It was a change of pace and gave me the chance to work alongside and with a variety of new people. After the week was over, new doors were opened up for me as they actually offered me an apprenticeship due to my hard work and good first impression. I did not take them up on it as I wanted to look around a bit more before making any decisions which they completely understood. However, they suggested that they could write me a reference and they gave me other ideas about careers in the same field, referring me to a more research-based company. Given the opportunity, I would love to do work experience again but this time I would go elsewhere to fully immerse myself in different careers.

Aron Mazey, Year 12



Mildenhall College
A C A D E M Y

The Academy Day

	Year 8 & 10	Year 7, 9 & 11
Morning Meeting	09:00	09:00
Lesson 1	09:30	09:30
Break	10:45	10:45
Lesson 2	11:05	11:05
	Lesson 3 12:20	LUNCH 12:20
	LUNCH 13:35	Lesson 3 13:00
Lesson 4	14:15	14:15
End of Day	15:30	15:30
Home Learning Club, Revisions and Enrichment	16:15 - 17:00	16:15 - 17:00
Detention 1 Revision 1	15:30 - 16:15	15:30 - 16:15
Detention 2 Revision 2	16:15 - 17:00	16:15 - 17:00

Resilience and Ambition@MCA

Congratulations to the following students who have all achieved 100% attendance for the whole academic year:



- Kaden Heffer
- Jace Gannon
- Morgan Linge
- Szymon Maciuszek
- Ryan Norman
- Klara Glodkowska
- Abbie Davies
- Alysha Ealy-Speare
- Pavlos Tzinias
- D'Andre Egbon-Williams
- Paige Wallace
- Alex Reid
- Rowen Ives
- Sophie Clark





We were fortunate enough to be chosen to host a technology innovation day for our year 8 students. The day was run by Arm, a computer chip company based in Cambridge, and Computing at School, an organisation to improve computing education in schools.

All of Year 8 were invited to take part with 22 being selected to fill our available spaces. The day involved schools from Suffolk and Norfolk coming together to solve a real world problem- cleaning the oceans. Students were given no prior notice of the topic and were put into groups to come up with their own solution.

Students were given the first hour to plan their solutions. They were told they had a few materials they could use and that they would be using a Micro:bit to power their device. Most students quickly

started to research boat and propulsion ideas and set about sketching their designs.

After the hour was up, students were introduced to their Micro:bit and physical computing kit and given a brief demonstration of how to program it and students showed great appreciation for other teams' solutions. It wasn't long before many of the groups had started to program the servos to turn and boats were being built to attach them to.

Students spent the remainder of the day programming and testing their autonomous boats. They worked incredibly well in their groups and virtually all teams were so focused that they worked through some of their break and lunch to get their boat working. All of the boats floated and the majority of them were powered.

The event was well supported by some of our Y10 and 12 Computer Science. Students who joined us off timetable for the day to support students from all of the schools and encourage them as they developed their solutions.

Ambition@MCA



ARM Education Day

The MCA students who took part in the day were amazing from start to finish, showing all of the academy's TRAITS:

Teamwork - working in groups to complete their solution

Resilience - most of their solution did not work first time but tweaks to the design and the code changed this

Ambition - All groups set their goals very high to try to achieve a perfect solution

Inquisitive - groups had to do their own research to find out more about the problem and were keen to ask questions about anything they didn't know

Together - every opinion was respected

Success - Every team had a solution that worked

One group commented that at the start of the day they felt overwhelmed by the size of the task, thinking they wouldn't get anywhere near a solution but they worked hard, enjoyed solving the problem and had an autonomous boat before the end of the day.

The volunteers from Arm and Computing at school were amazing and the day couldn't have taken place without them. They were also keen to highlight that the MCA students were 'incredible'.

Special thanks must go to Ms. Waddilove, Mr Kelly, Mrs Wilmshurst, Mrs Gatlin and Miss Freeman for their support on the day.





As part of our A level Geography course, Year 12 Geographers took a trip to the town of Southwold on the east coast of Suffolk. We were treated to the best of July weather with sunshine for the entire two days.

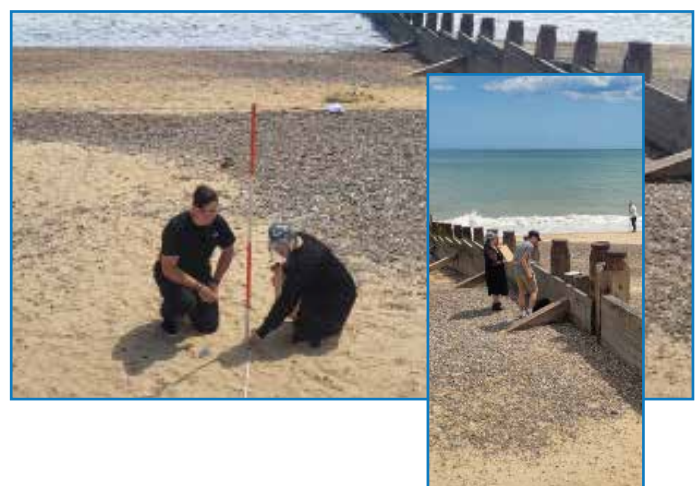
Over the course of the two days we practised both physical and human geography data collection techniques in order to prepare for our NEA which will be our focus over the summer. We worked in groups around the town and beach whilst enjoying the freedom that comes with independent study. We did some physical geography data collection on the beach where we measured the beach profile, analysed sediment samples and calculated the wave energy in order to determine how effective the sea defences were. Our human geography data collection included footfall surveys, house price surveys as well as activity surveys in order to understand the

demographics of the population of the town.

A highlight of the day (other than the fish and chips and the weather!) was exploring the quaint town and gaining confidence going into the summer holidays and the NEA research to come.

Written by - James, Harli, Kiera and Alexis

Inquisitive@MCA





Pictured: Dr Hobbs with her group outside the Space Centre.

The Science Faculty took a group of 100 Year 8 students to The National Space Centre in Leicester for their first science trip. They all got to watch a planetarium show and engage with the many exhibits and activities in the museum.

They all had a fantastic time and really enjoyed going up the 42-meter-high rocket tower which contains the Blue Streak and Thor Able rockets. They got to visit the Gagarin Experience, see the Apollo Lunar Lander and real moon rock. There was plenty to see in the four different exhibition decks which tell the story of: the space race, history of rocketry, and Britain's space race. It was a long trip there and back but was worth it and the students were really engaged with the whole experience.

A big thank you to the staff members that came long and made the trip possible.



As part of the English Language GCSE, Year 10 students have completed Speaking and Listening exams, delivering a presentation on a topic of their choice. Here is just one superb example:

"Ladies and Gentlemen

Today, in the digital age of screens, we recognise the enduring significance of books in our society. Despite the rise of technology, books still hold a unique place in our lives and their presence should be celebrated.

Firstly, books provide us with pathway to knowledge and wisdom. They offer a depth and breadth of information that cannot be matched by any other medium. From History to Science, Philosophy to Literature, books encapsulate the collective wisdom of generations, they allow us to dive deep into subjects, explore new ideas and broaden our perspectives.

Furthermore, books nurture imagination and creativity, they transport us to different worlds allowing us to experience the lives of diverse characters and cultures through the pages as a book. We can unlock our own creativity as our minds visualise the worlds and construct vivid landscapes within our imagination.

Books also foster emotional connection, they have the power to evoke a range of emotions within us – joy, sadness, empathy and excitement. The characters and stories become familiar companions, teaching us about ourselves, our relationships and the world around us. Through books we develop empathy and compassion, broadening our understanding of the human experience.

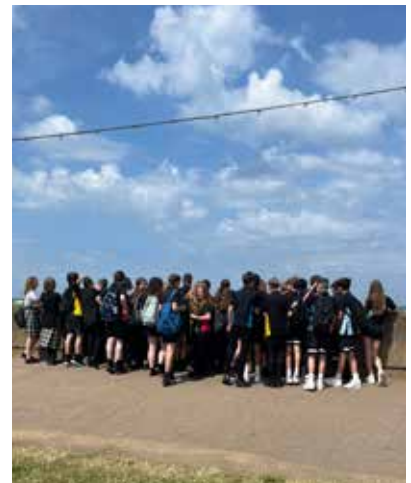
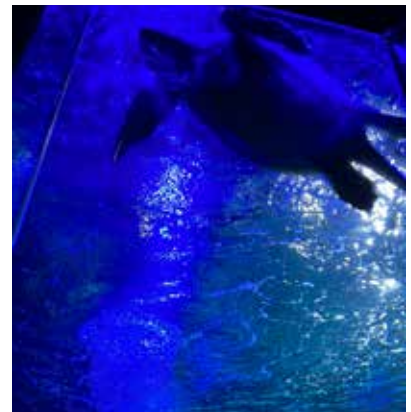
Moreover, books promote critical thinking and analytical skills. They challenge our assumptions, spark intellectual debates and encourage us to question and analyse the world. Reading provides and opportunity to sharpen our minds, enhance language skills and expand our vocabulary. It is through books that we cultivate intellectual rigor and the ability to think independently.

Lastly, books provide a respite from the constant distractions of our fast-paced digital world. Turning the pages of a book allows us to disconnect from screens and engage in the beauty of a tangible, tactile experience, the smell of paper, the weight of a book in our hands – these sensory elements cannot be replicated by a digital device.

In conclusion, books undoubtedly still belong to this society. They are not relics of the past but rather timeless companions of our journey through life. Embracing books enables us to access knowledge, ignite our imagination, connect emotionally, develop critical thinking and find solace in the physicality of reading. Let us continue to value and cherish books for they serve as both a mirror reflecting our world and a gateway to new possibilities

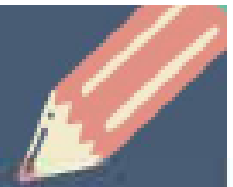
Eleanor Piper, Y10 Speaking and Listening"

Art Faculty Round-Up





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

HOME LEARNING

HOME LEARNING IS AN IMPORTANT PART 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 HOME LEARNING 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 IN YOUR HOME LEARNING ON TIME YOU WILL GET A DETENTION THE FOLLOWING DAY
- YOU CAN ATTEND HOME LEARNING CLUB EVERYDAY AFTER SCHOOL WITH ACCESS TO A QUIET SPACE, STAFF SUPPORT AND IT



Teamworkers

Together Everyone Achieves More.



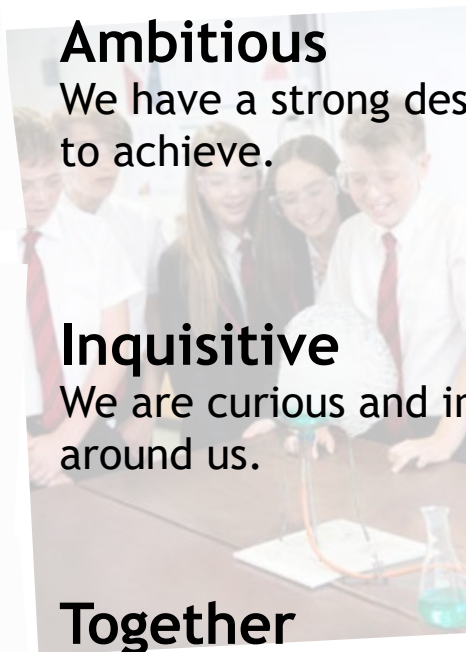
Resilient

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.



U12 Super 8's



The boys were looking forward to the competition and were very eager to get started once we arrived. They quickly went into their fielding events with Ethan Neville throwing well in the Javelin and Tobias Barrett doing well in the shot put. Leo Grimwood and Jenson Mclean both progressed well in the high jump with Jenson achieving 1.20m. Callum Clarke did very well in the long jump alongside Kaden Heffer.

The boys then swapped over to the track events. Tobias Barrett, Callum Clarke, Ethan Neville and Oliver Gray all ran the 100m in which they all pushed each other on to get a good time! Charlie Bennett and Kaden Heffer smashed their 200m race both coming in the top 3. Jenson Mclean and Leo Grimwood did very well in the 800m with Jenson coming 3rd in his heat. The boys then finished the day with the medley race and pushed the oppositions all the way throughout the race. Overall, the boys really enjoyed the day and represented the academy with great pride. Well done!

U12 Athletics

The U12 Girls athletics went to the Bury

Track along with the Boys to compete in the Super 8's event. Very excited the girls started off in the 100m races with Wiktoria Pawlak, Evie Byrne, Keira Davis and Holly Bosley all running well and gaining great times. It was then Amelia Coe and Erin Baileys turn to run the 200m which both girls did very well at. Lastly on the track was Lilly Basing and Erin Hobbs in the 800m where both girls finished highly in their heats. It was then onto the field events – the girls seemed more nervous for these events compared to the track however all still did their very best. It was onto the medley relay on the track which the girls excelled in. After the first 4 x 100m the girls where in 1st place in their heat. Some tired legs showed but the girls still did themselves proud by finishing 3rd in their heat. A very enjoyable day by all and the future looks bright for MCA athletes on the track!

U13 Athletics

The U13 athletics team competed in the West Suffolk Super 8's competition on the 19th of June in very hot conditions at the Bury track. The conditions made the events harder however all of the students completed their events showing great determination and resilience. The boys started with their field events, all of them competed well with the most noticeable performances coming in the long jump. After this the boys then competed in their track events which were either 100m, 300m or 1500m. Zachary Gibbins claimed a well-deserved 2nd place spot in the 100m. The final race of the day was the medley relay where all 8 boys had to run with 4 of them completing 100m and the other 4 completing 200m, here the boys

put in a good performance to round off the day with a well-deserved 5th place in this event.



Whilst the boys were completing their field events, the girls took to the track. A fantastic run from Marika Wegrzyn in the 100m, to start the girls off positively. Some further strong races from Neah Blyth-Tancock, Mila Mileruite and Darcy Coe, picking up further points for MCA. We had some brilliant performances in the field events too. Peyton Strike sent MCA flying to first spot in the long jump. Neah also stepped up to jump into the sand for MCA. Marika picked up a win in the high jump, with Darcy Coe close behind.

Both girls were nervous prior to this event but did amazingly! Zarahi Maynes and Eden Benion represented in the shot put, with Mila and Grace Nixon throwing the Javelin for MCA. The final event was the mixed relay and the girls did themselves proud. After dropping behind in the first few legs, the girls came storming back and picked up 4th place. The girls were so pleased with their performance and congratulating each other, which was lovely to see. A real display of teamwork was on show!

U14 Athletics

The U14 Boys and Girls Super 8 teams went to the Bury Track on a very hot day. Both boys and girls teams were very excited to get under way. With the super 8's being all down to times and distances to gain points Mr Weeks and Miss Morley just asked the students to enjoy and do their very best! The girls started on the track with the 100m girls up first. Marika Wegrzyn also ran an amazing race finishing 2nd and Beau Parrott and Nicole Nunes running races to achieve early points on the board for the Girl's team.



Next up the 300m, a tough race of endurance and speed, first up was Lyric Allen who smashed her race in a time of 43.13 seconds, Aimee-Marie Smith was next and also secured more points for the girls' team in the 300m. The tough 1500m was up next for the girls with the day only getting hotter, a great valiant effort from Maddie-Rose Welsh and Mia Ashman again got more points for the girls' team. At the same time the boys were completing their field events. Harvey Coe and Rhys Turner put in strong results within the long jump, with Jay Russell and Tristaan Waagner doing the same with the High Jump. During the throwing events, Aiden Stannard and Sebastian Hobbs were throwing well, with

Luke Smith giving the Javelin a good go, getting a number of solid throws. Jayden Box was throwing the Javelin really well, coming second out of the boys with a throw of 25m.

The tables then turned and it was field events for the girls. Nicole and Marika were up to do the Javelin, Beau and Mia the Shot Put, Lyric and Aimee the Long Jump and Nevaeh and Maddie the High Jump. All girls succeeded in gaining more points for MCA. At the same time the boys were completing their track events. All 4 boys ran their 100m race well, as well as their 300m. The 1500m was again tough with the heat and conditions, but both Harvey Coe and Rhys Turner gave it a really good go, putting points on the board for MCA.

Last up the 4 x 100m + 4 x 200m medley relay. Both boys and girls teams ran really well with the girls finishing 4th and boys 5th. All students performed really well and were a credit to MCA.

U15 Super8s

16 students from year 10 attended the West Suffolk Super 8 Athletics on a very warm Wednesday afternoon. The students conducted themselves superbly throughout event and showed real togetherness and teamwork. There were a few stand out performers and they included Flo Kent and Sebastain Mugabe in the high jump, Vanessa Wilkins and James Shipp in the 300m, Rhys Horrex and Amyiah Priest in the 100m and Tyler Baxter and Adija Raundonyte in the 1500m. Overall, the boys' finished in third

place and the girls' finished in sixth place which is a terrific achievement given the high level of competition that attended.

U13 Cricket

The boys' first game was against Westley. We won the toss and put Westley into bat. We started strongly and some tight overs from Dexter Bone and Charlie Butler kept their score low. Some great fielding from Saul Andrews put the batting team under a lot of pressure and after 7 overs Westley managed 39 runs. Mildenhall had no problem chasing this score and we managed to chase it 2 wickets down with Ben Cross retiring.

In the second game we lost the toss to Horringer, and they put us into bat. Ben Cross and Zach Gibbons built up a great partnership at the top of the order and put Horringer under a lot of pressure. Ben Cross retired again in this game. Some great striking down the order from Charlie Butler again helped us get to a strong total of 67. Mildenhall were straight into the field and some great bowling from Ethan Neville prevented them from reaching the total.

Our last game was against Newmarket with both schools being unbeaten. We lost the toss again and was put into bat. Zach Gibbons got a quick 25 then retired and Henry supported this later on in the innings. Newmarket fielding well and needed 69 to win. Some tight overs from Ben Cross and Oliver Harvey stopped them early on. Unfortunately, in the penultimate over Newmarket managed to win.

The boys represented the academy very well and displayed a lot of character and resilience throughout. Well done!

U14 Cricket



On Tuesday 13th June 2023, the Year 9 boys represented the academy in a hard ball cricket tournament at Mildenhall Cricket Club. We walked down there for 9:30, to get set for the day. The tournament was made up of 3 other schools, including Thurston, Stowupland and County Upper.

The games were decided to be 14 overs per team, unless bowled out. We started the day by playing Thurston, where we decided to bat first. With a couple of Year 8 boys representing and playing up a year group, Ben Cross and Zach Gibbins opened the batting.

Both were batting well, until Zach was caught out. Ben managed to stay in for a few overs, until some mis-communication got him run out. With Tristaan Waagner and Harvey Coe, as well as Oliver Harvey and Dexter Bone steady in bat we eventually hit 71 runs in 14 overs.

It was then Thurston's turn to bat, chasing down 71. Zach and Dexter were bowling well, along with some good fielding from Jenson White, and Jayden Box. However, it wasn't quite enough as Thurston hit 72 runs going into the final over.

Due to the games taking longer than expected, rather than playing all 3 teams, we ended up doing winner's vs winners and second vs second. Therefore, we then played County Upper in our final game of the day. This time we were due to bowl first. Again, Zach and Ben were bowling well, getting a number of wickets in the first couple of overs, although County were batting well, hitting a few boundaries along the way. MCA, again fielded well with Asrarali Sayyed stopping shots going for 4's on occasion.

County managed to hit 112 strong balls in 14 overs. MCA were now due to bat, Ben was unfortunately out early on, giving the team a long way to go. Zach was batting well and consistently, staying in for a few overs. Jay Russell also batted well, making good connections to protect his stumps and Jacob Watkins also batted making some good shots.

Unfortunately, again MCA just ran out of steam towards the end managing to hit 76 in 14 overs on a hot day.

All the boys represented the academy really well and showed a good level of cricket ability and knowledge, with some learning a lot about the sport along the way.



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U15 Cricket

The U15 cricket players played exceptionally well in a tournament that took place on the 26th of June at Bury St Edmunds cricket ground. There were 7 schools at the fixture that were placed into two leagues, the winner of these leagues would play against each other in the final. Our first game was against Sybil Andrews, we won the toss and batted first. Here MCA put together a great run scoring a total of 76 runs off 12 overs with Rhys Horrex claiming majority of the runs and batting very well. MCA then followed this up with a brilliant bowling and fielding performance only allowing Sybil Andrews to claim 52 runs off 12 overs meaning we won the first game. Our second game proved to be our most dominating performance of the day with some superb batting from Ben Cross meant that he had to retire after getting 50 runs and MCA ended up with a staggering total of 118 runs that could not be beaten by Sudbury. Our third game was a must win to get to the final as we played against Stowmarket that had also won their first two games and proved to be the closest so far, nevertheless MCA put together another successful performance to win the game by 19 runs.

As MCA won their first three games in thrilling fashion this meant they made it to the final against Newmarket. Newmarket proved to be a very strong team and we managed just 35 runs off 8 overs which they managed to beat with just over 2 overs remaining. Despite MCA's defeat in the last game, it proved to be a very successful day with plenty of wins and enjoyment had by everyone.

Cricket Leadership

For the last time this academic year, fifteen of our leaders headed to Mildenhall Cricket Club to support the U11 Cricket Competition. Our students had previously had training on umpiring cricket in preparation for this event. They made their way on to the various pitches, with their umpiring hats on. At times students had to make some hard decisions, but sought support where necessary, showing great resilience. The weather was hot and so did make the afternoon more challenging, but our leaders excelled in their representation of the academy.

Trip to Twickenham



A number of Year 10 GCSE students alongside some of our year 9 leaders headed down to Twickenham for a day of rugby activities. Considering an early start of 7.30, students were in good spirits and excited for the day ahead. As we were closing in on Twickenham, the stadium started to appear in the windows and students were thoroughly impressed. Upon arrival at the stadium we split into two smaller groups, for the scheduled of the day. One group headed off on a

stadium tour. This was an amazing experience as students got to see how the stadium is run, alongside how it has changed and adapted. Our tour guides were brilliant, drip feeding interesting facts along the way which kept our students engaged.



Students got to sit in the chair of the Princess of Wales and to walk in the footsteps of all the RFU presidents. We were lucky in our date of arrival as the ground was setting up for the Premiership Rugby Finals between Sale Sharks and Saracens.

Whilst the tour was taking place, the other group took part in a Rugby in Motion Workshop. This was aimed at providing our students with an understanding of what fitness requirements are needed for rugby, and the wider sporting world. After looking at the fitness requirements of each position in rugby, students got to create their 'Ultimate rugby team' with the likes of The Incredible Hulk, Johnny Wilkinson and Speedy Gonzales all looking to make the team. There were great discussions and considerations of the needs of the players and team, to perform in the best way. Our students also had to create training programmes for particular

players, depending on their positions. Students were able to demonstrate their knowledge learnt at MCA, alongside new additions, to successfully create suitable programmes. With a competitive element added to this session, one of the teams in both groups came out victorious after collecting the most points throughout the workshop and was awarded with a RFU bracelet.

Students were also able to visit the World Rugby Museum. Here, students were able to see rugby through the years, including the first rugby ball and vintage kits. Additionally, the Webb Ellis trophy, won by England in 2003 was on display, alongside the Women's Six Nations trophy recently won by our Red Roses.



The museum was very interactive with students able to try on rugby shirts. I would suggest the best part of the museum was the opportunity to try out a number of activities linked with rugby.

For example, students could test their strength, by trying to push in a scrum machine – our students were quite shocked at the force needed! You could also see how high you could jump and how fast your reaction times were. Not forgetting the opportunity to try and kick a conversion – again a difficult feat! MCA loved the opportunity to get involved and see how the theory is put into practice here. After a quick stop in the Twickenham shop, we were off on our return journey back to the academy. A thoroughly enjoyable day, with lots of knowledge gained. We certainly look forward to returning in the future!

The leadership events this year have been brilliant and our leaders have made the academy proud.

U14 Rounders



The U14 rounders team went to Ormiston Sudbury Academy for their Western Area tournament. Spirits were high among the girls on the journey and they were very keen to start their games. The girls first game was against Thurston.

After winning the toss the girls chose to field first. Thurston were strong and had some very good batters on their team. MCA needed to get 7 ½ rounders to win the game, unfortunately nerves showed through and they only managed 4 rounders. A learning curve for the first game. Second game was against KES; after losing the toss MCA went into bat first and their confidence shone through! With some great hits from Jess Stafford, Amber Rutter and Phoebe Hunt MCA accumulated 6 ½ rounders. KES went into bat and the girls reflected their excellent batting performance into fielding.

A calm, collective field with some great deep field throws from Summer Palfrey and Maddie-Rose Welsh meant KES could only score 2 rounders. A win for MCA! The girls next opponent was Finborough. Again the girls won the toss and went into field. However, a very strong Finborough side were able to get 12 ½ rounders. The Finborough side's batting abilities were reflected in the field with MCA only getting 1 ½ rounders. MCA's third opposition of the afternoon was County Upper.

The girls lost the toss and went into bat first. Great team work and resilience shown by the girls got them 4 rounders, including a great hit by Lyric Allen. The girls went into field and with amazing encouragement from Captain Amber Rutter allowed the girls to show

a secure field. Good communication and fielding from Sofija Servaite stopped County gaining the points they needed for the win. Calm and collective bowling from Wiktorija Gogolewska prevented County Upper from hitting the ball. It went down to the last ball where unfortunately County Upper were able to score a rounder and win by $\frac{1}{2}$ a rounder ($4\frac{1}{2} - 4$). Still feeling positive the girls went into their last game against Sybil Andrews with their heads held high! Another good batting innings from the girls got them 5 rounders. Sybil needed $5\frac{1}{2}$ to win. Sybil came into bat with some big hitters on their team. However, again, calm and collective fielding allowed the girls to control the game. The girls showed determination to get through and also very good tactical play with Beau Parrott backing up and supporting 2nd post well! The girls won their last game 5-4. A great effort and learning curve for all with more tournaments to come. Well done girls!

U12 Rounders

The U12 rounders team had their first league games of the season on Thursday the 8th of June in Sudbury. Here they played 4 league games and then the top two teams would progress onto the semi's and then the final. For most of the girls, this is the first rounders fixture they had ever played in their life and was a completely new experience for them.

Their first game was against Westley and they played as if they had done it before beating them 9 rounders to $4\frac{1}{2}$ in thrilling style.

Next, they came up against tougher opponents in Thurston, in which they lost narrowly by 2 rounders. Nevertheless, the girls showed great resilience after this coming back to win their last two league games $3\frac{1}{2} - 3$ and $6\frac{1}{2} - 6$ against Thomas Gainsborough and Stowmarket respectively. This then put the girls through to the semi-finals against Finborough who won their league.

The girls were thrilled to make it to the semi-finals and it was a great achievement for them especially with it being the first time they had ever played together. Finborough unfortunately beat us in the semi's but it did not dampen the day.

Sports day

On Wednesday 5th and Thursday 6th MCA hosted Sports Day for years 7-10. Sports Day this year was a little different to last years, making it a bit more traditional with a number of athletic events in the morning. These were inspired by the sports hall athletics competitions, but on the astro. Luckily on both days, the weather held out for the days to go ahead. Up first was the Year 7 and 8's, on the Wednesday followed by the year 9 and 10's the day after, following the same structure.

To start the days, all students were asked to meet their house leader on the astro to organise who was going to do what. Once that had been organised, before break saw 2 running events, the longer distance and a mid-distance, as well as 3 field events including triple jump, shot put and speed bounce. Once students had come back from their break, the final events took part. This time saw a sprint, mid-distance, followed by the enjoyable Paarlauf relay race, where each house could have a team between 4 and 12 runners. The field events were javelin, long jump and a seated medicine ball throw. All students had taken part well in both days, filling all events with a variety of students participating from different houses.

After lunch, the houses then had to organise their students into teams for the team events. Football on the astro, rounders on MCA6 and benchball for the larger years 7 and 8, with basketball for years 9 and 10 in the sports hall. Again, students conducted themselves well and put on an enjoyable and competitive afternoon of team events.





Mildenhall College
ACADEMY



Summer Challenge 2023

We are really looking forward to getting to know you better in September, but before then we would love for you to complete some of these challenges over the summer holidays so that we can learn more about you and your talents!

<p>Read a chapter book and write a review for someone of your age.</p> 	<p>Help make dinner for the people you live with and take a photo of you being a chef.</p> 	<p>Take a selfie at a historical place (e.g. an old building, a statue, a museum).</p> 
<p>Research and create your family tree.</p> 	<p>Draw or paint a self-portrait or a picture of your pet.</p> 	<p>Create a collage of all the things that matter to you.</p> 
<p>“Summer holidays should be shorter.” Write a detailed response to this opinion.</p> 	<p>Bake and decorate a cake and take a photo of the finished article.</p> 	<p>Create a headline and a magazine article about your biggest achievement.</p> 
<p>Go for a walk and take five interesting photos of nature.</p> 	<p>Write a letter to your local MP about something you would like to change in your area.</p> 	<p>Create a mind-map of what you are looking forward to when you join MCA.</p> 

When you have completed your challenges, send an email with the evidence to your new tutor or bring it in when you start in September and we will be giving out TRAITS points and certificates to all students who take part!!

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