

Mildenhall College Academy



NEWSLETTER



October 2023



Remembrance Day - Thank you to TBI Manufacturing Limited

Principal: Miss N Hood

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

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Dates For Your Diary



Last Day of Half Term - Friday 20th October

Half Term Break - Monday 23rd - Friday 27th October

PD Day - Monday 30th October

Students Return - Tuesday 31st October

Year 9 Parents' Evening - Thursday 2nd November

Ski Trip Meeting - Tuesday 7th November 5pm

HPV Vaccinations, Year 8 (1 of 2) - Wednesday 6th December

HPV Vaccinations, Year 7 (2 of 2) - Friday 8th December

Year 11 Into Sixth Form Taster Day - Monday 18th December

Year 12 Parents' Eve - Tuesday 19th December

Last Day of Term - Wednesday 20th December

Christmas Holidays - Thursday 21st December 2023 - Tuesday 2nd January 2024

Students Return - Wednesday 3rd January 2024

Cover Image: thank you to **TBI Manufacturing Limited** who fabricated these silhouette figures for us to mark Remembrance Day. www.tbi.uk.com



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 first Newsletter of the academic year and what a great read it is. I cannot believe where the time has gone and that 7 weeks have passed already.

As you read through this newsletter you will see the MCA TRAITS being demonstrated in abundance and as I read through it I was struck by the strong sense of teamwork and community with staff and students working well together.



Whilst the newsletter is a celebration of our successes and the opportunities available at MCA inside and outside of the classroom it also highlights the strong sense of resilience and ambition present. Things are not always easy or interesting but having resilience and building the confidence to deal with new situations is vital to success. I would like to praise our students and staff for their excellent work and achievements, big and small, over this half term.

In September we had some changes to staffing and I wanted to take this opportunity to communicate these with you. Mr Oxley is now Head of Academy having been Vice Principal previously. Mr Barrett is now our Attendance Lead and Ms Powell has joined us as Vice Principal Pastoral. She joins us from Samuel Ward Academy in Haverhill and has extensive experience in senior leadership, safeguarding and pastoral care.

Finally, I would like to wish you all a wonderful half term.

Best wishes

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

Open Evening

Thank you to everyone who attended and supported our Open Evening on 28th September. What a great evening.

Year 6 & Sixth Form
OPEN EVENING
Thursday 28th September 2023
5:00pm - 8:00pm

Mildenhall College Academy
The Hub, Shelbrick Way, Mildenhall, Suffolk, IP28 7JX
t: 01638 714645 e: MCA-reception@attrust.org.uk
w: www.mildenhall.attrust.org.uk
@MilCollege @MildenhallCollegeAcademy

WORK HARD; BE KIND • WORKING TOGETHER; SUPPORTING INDIVIDUALS



Ambitious@MCA

World Mental Health Day was on Tuesday 10th October. The aim of the day is to raise awareness of mental health and to drive positive changes for everyone's wellbeing. This year's theme was 'mental health is a universal human right'.



Positive self-talk



Feel calmer and more confident

Think of some negative thoughts you might sometimes have (e.g., "I can't do this!")

Think of three positive phrases you might try to use instead (e.g., "I can do it, I've done it before!")

Write these phrases down and reflect on when you might use them.

Five senses



Feel relaxed and more aware

Take a deep breath. Look around. Try to notice:

five things you can see
four things you can touch
three things you can hear
two things you can smell
one thing you can taste.

Thoughts in the sky



Relax and let go of anxious thoughts

Sit comfortably. Focus on breathing in and out.

As you breathe out, imagine any anxious thoughts floating away into the sky.

Continue this for a couple of minutes, focusing on your breath.

Sometimes we can feel anxious or worried in certain situations. This response is normal.

Here are some skills and techniques you can learn to help manage these feelings and improve well being.

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

Mental Health Support Team

A little about me

Hello, I'm Hayley. I attended MCA as a student starting in Year 9 when I was 13 years old. I completed year 11 and then spent two years at the 6th form. It's hard to believe that it has been nearly 10 years since I finished 6th form!



Looking at the staff list, I recognize some familiar names from my time at MCA. Mr. Goodenough was my P.E. teacher, and Mrs. Medcalf was my English teacher. Mrs. Briggs-Hunter served as my form tutor for a few years. I also remember Mrs Christoforou and Mrs Cooper, who taught me Health and Social Care.

Currently, I live in the local area with my husband. He is a visually impaired gaming consultant known as 'TheWobblyGamer.' We have a wonderful 6-year-old son together.

Life after MCA:

After completing 6th form, I embarked on a fulfilling career in childcare as a nursery practitioner, which lasted for a decade. I truly enjoyed this line of work, and my GCSEs and A-levels played a significant role in preparing me for it. Additionally, I pursued further education in childcare, obtaining level 3 and 4 qualifications. To

ensure I had the necessary skills, I also acquired essential certifications such as food hygiene and first aid.

However, due to a change in family circumstances, I made the decision to pursue a career change. I became a caregiver for my mother-in-law, who has dementia, and was employed through the local authority. Specifically, she has Frontotemporal early-onset dementia. To enhance my ability to care for her, I completed a comprehensive course in dementia care and obtained a level 3 qualification in this field as well.

Creation of the book

During school breaks and holidays, my son would accompany me to work and visit his nanny. It was during these times that I witnessed my son's remarkable resilience, as he displayed patience, calmness, and even assisted during her seizures. This extraordinary experience and the special bond between my son and his nanny served as the inspiration for a book we created together called 'My Nanny Has Dementia'.

In this heartfelt book, my son and I collaborated to share his joyful memories with his nanny while also acknowledging the potential changes that may occur due to dementia. Our aim in creating this book was to emphasize that dementia does not define a person. We wanted to raise awareness and provide support to other young children who may have a relative with dementia.

Advice:

If you excel in essays or enjoy writing, I encourage you to explore this passion further. There are numerous free online workshops available, and you can find inspiration from literary magazines. Many of these magazines accept submissions, some even for free. If they appreciate your work, they may publish it on their site. Personally, I have had my poetry and flash fiction published in various literary magazines such as 'Ariel Chart,' 'Friday Flash Fiction,' 'Academy of the Heart and Mind,' and 'A Thin Slice of Anxiety.' Additionally, I've participated in Christopher Fielden's Cliché and Adverb Challenge, which I highly recommend if you aspire to be a writer. It truly challenges you to think critically about your work.

If I could go back in time, I would offer mountains of advice to my younger self regarding relationships, friendships, and the effort I put into certain subjects. However, one valuable piece of advice I'd like to share is to pursue additional courses. Consider courses in areas such as health and safety at work, first aid, and food hygiene. These certifications will set you apart when entering the workforce. If something catches your attention at school, piques your interest, or makes you think, I urge you to explore it further. Conduct research, contemplate its potential for your future. Don't let opinions or self-doubt hold you back. While you're still in school or 6th form, try to volunteer whenever possible. Consider engaging in volunteer work in an area that aligns with your interests,

such as childcare, healthcare, or administration. It doesn't have to be a significant commitment, but it will provide you with a better understanding of your desired career path and valuable experience to include on your CV.

Lastly, I want to pass on a valuable piece of advice I received from a respected staff member at school. During a period of uncertainty about my future, this teacher advised me to follow my interests for now. They reassured me that if I were to change my mind later in life, that would be perfectly fine. It's never too late to learn and pursue new passions.

<https://www.amazon.co.uk/dp/BOCDK5QWLL>.

Or search 'My Nanny has Dementia by Hayley Allcock'

<https://www.amazon.co.uk/dp/BOCFZN2QCH>

Or search 'Making Memories: Activities for Grandparents to do with Grandchildren'



Teamwork

At the academy our students have been looking at the value of TEAMWORK as an essential life skill.

Students have been involved in getting creative and working as part of team to produce these pictures.



Together@MCA

At MCA, students will use a range of online tools to support their learning and many of these will be used for homelearning tasks. In most cases, the students will log on using their academy email address and the password created for the academy computers.

Student email addresses use the following format:

YearStartedY7SurnameFirstNameInitial-mca@atrtrust.org.uk

For example, Mr Sexton starting Year 7 this year would be:

23sextonm-mca@atrtrust.org.uk



Below is a list of some of the systems used and how to access them.

System	Web address	Things to remember	How to log in	Who to contact
Office 365	www.office.com		Use academy email address and password	Class teacher
Go4Schools	https://www.go4schools.com	Use a web browser and not the app	Click Microsoft Sign on	Tutor
Brightspace	https://att.brightspace.com	Must make sure that it is ATT's Brightspace as there are lots of others.	Click Single Sign on Use academy email address and password	Class teacher
Seneca	https://senecalearning.com/		Click the continue with Microsoft button Use academy email address and password	Class teacher
Sparx maths	https://sparxmaths.com/	Select the school	Click the Log into Sparx using Microsoft button Use academy email address and password	Class teacher
Bedrock	https://app.bedrocklearning.org/		Click the Office button Use academy email address and password	Class teacher
erevision	https://erevision.uk/	Does not use Microsoft sign on Use the forgotten password button to create a new password	Use academy email address and password created for erevision	Class teacher
Sam learning	Homepage (samlearning.com)		Use the following: Centre ID: IP28MCA User ID: date of birth (ddmmyy) followed by initials eg.100301JS Password: same as above unless changed	Class teacher

Most of these systems will work perfectly well on a mobile device but please get in touch with your child's Tutor if access to a device or the internet is an issue.

Camp Out

'I have a good idea', said Miss Hood. Let's have a sixth form camping night.

Straight away I knew this was coming my way, and sure enough...

The idea was for Year 12 and 13 students to pitch tents in the academy grounds, organise games and activities, practice their karaoke skills, while staff organised a group BBQ, campfire and took care of the logistics.

MCA⁶ Head Boy and Girl, Aron and Paige were instrumental in whipping up support amongst the students and advertising it to all staff members to attend.

MCA has a variety of Duke of Edinburgh equipment including tents, sleeping bags and cooking stoves so we knew we had enough essential supplies to protect us from the elements, keep us safe and deter the Mildenhall wildlife.

Tent pitching was largely successful, the BBQ appeared to sate appetites, the campfire was suitably hot, and Karaoke was lively and mostly off key, as you would expect! Eventually, after a game of 'find me in the dark' everyone settled down to sleeping under canvass.

Obviously, Miss Hood needed to sleep in the Admin Hub safety vehicle; a sacrifice worth noting. Breakfast the next morning for the survivors consisted of bacon rolls and haloumi sandwiches.

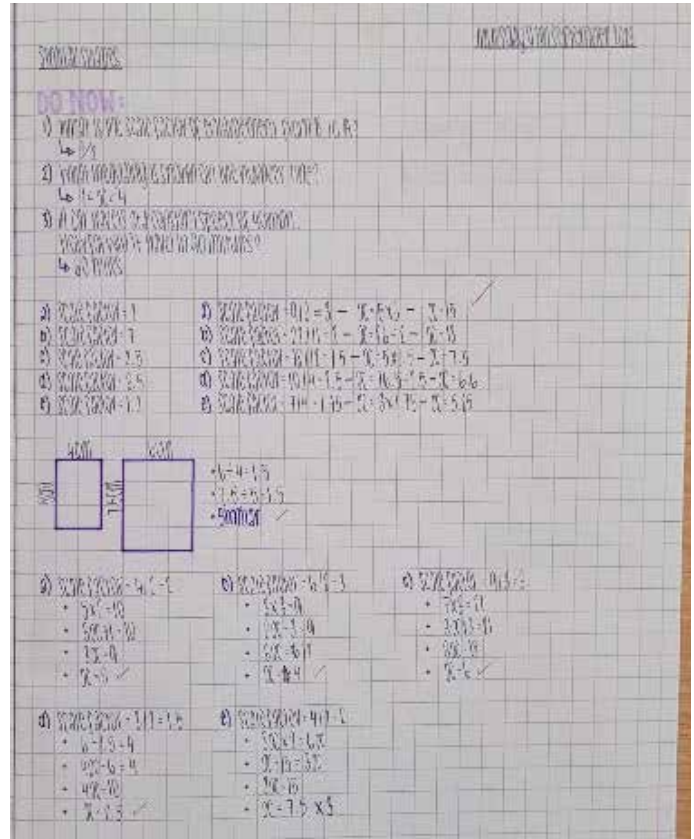
A thank you to all who attended either the camping or just the BBQ, or both. If we do it again next year, hopefully it will be closer to the end of summer break i.e., warmer evenings, longer nights, and more participants.

Mr Smith



The MCA Maths Faculty has had a busy yet successful start to the year. Students volunteered to help run stalls at our Year 6 open evening which included a sweet shop, human fruit machine, horse racing and a treasure hunt.

This term has also seen the re-introduction of the UKMT Maths Challenge – an extra-curricular mathematics competition to push students out of their comfort zone and stand out against their peers. There has been a particular push on KS4 students to take part as we encourage them to better their prospects when looking at sixth forms, colleges, or wherever their paths take them next. It is important to recognise great work during our maths lessons. As such, presented here (right) is the neat and detailed work of Evie Dixon, a Year 10 student.



Some of the Team:

Mr Fergus McCoig

How I spend my free time: in an ideal world – playing golf. In reality – cutting the grass and ferrying my kids around.

Sporting team I support: Colchester United.

What I like best about maths: Calculus.

Pets I have: Treacle (an unpleasant toy poodle), Mario (the Black Jackal of Freckenham)

Things that really wind me up: People standing still on travelators.



Mr OJ Smith

How I spend my free time: Gaming, Anime, practising saxophone when I can, playing at gigs.

What I like best about maths: THERE IS (usually) ONLY ONE ANSWER!

Pets I have: None

Things that really wind me up: Good shows getting cancelled Inside Job on Netflix



Mr Gregory Carter

How I spend my free time: I like to spend as much time as possible with my family, cooking, playing board games and entertaining my wonderful 9 month old daughter. I also love a good audio book!

Sporting team I support: N/A but I do enjoy a bit of table tennis and running.

What I like best about maths: The satisfaction at the end of a proof when everything just fits into place. It's like solving a very pleasing puzzle that requires equal parts logic and creativity.

Pets I have: Two cats, Ralph, and Martha.

Things that really wind me up: Students taking their pens apart to 'fix' them- they work much better in one piece, I promise you.



Iceni Science and Careers Fair

Two of our fantastic Year 13 Biology students ended their first year of A-Level Biology by visiting Iceni Science and Careers Fair.

Sam and Aron supported younger students to make unique DNA key rings, whilst sharing some of the benefits of joining at MCA⁶ when that time arrives!



Summer Taster Day



Time is flying by so quickly; our new Year 12 students have settled into life at MCA⁶ and are already making great progress in their new subject areas.

It has been great to see so many of the students who enjoyed our summer taster day at Southwold join us this September. Our prefect team are already making plans for more social activities this coming term!



Attendance

We celebrate the 647 students who have attended every day this half term – great job!

Resilience@MCA



RAF Mildenhall Nose Unveiling



'What an amazing privilege to be part of the nose unveiling at RAF Mildenhall. It was very emotional to make links between the Second World War history and the work that happens locally today.' Mr Lewis

'To honor our WW2 heritage and to strengthen the ties between the 100 ARW and family members of the 100th Bomb Group veterans during an unveiling ceremony for two new nose art designs.' USAF Spokesman



The Wing Commander has approved a base wide history/heritage event to formally recognize the addition of two new nose art designs which were inspired by B-17s that served in the 100th Bomb Group at Thorpe Abbots during WW2. SILVER DOLLAR and SQUAWKIN' HAWK are both aircraft that achieved fame during WW2, and on Tuesday, 10th October 2023 there will be an unveiling ceremony of the nose art in the presence of families and other distinguished guests.



Inquisitive@MCA

Suffolk Show

On Wednesday 11th October students from Year 10 visited Trinity Park in Ipswich to attend the annual Suffolk Skills Show, an event with over 100 exhibitors sharing their knowledge and expertise in a range of industry sectors.

Year 10 really did the academy proud and were fantastic ambassadors.




Duke of Edinburgh

I am pleased to announce that students at MCA completed a total of 182 hours of volunteering over the last year. This includes things like: helping out at local charities, marshalling at park runs, litter picking and and so much more work which helps out communities.

I would like to take this time to thank all the students currently completing their D of E Award at MCA for all the great work they are doing.



 **YOUTH WITHOUT LIMITS**

Thank you

to
The Duke of Edinburgh's Award participants


from
Mildenhall College Academy

who spent
182 Hours

**volunteering between
1 April 2022 and 31 March 2023.**

We are immensely proud of the dedication, effort and achievement of young people making an impact in their community.

The social value of these hours is
£875


RUTH MARVEL, CHIEF EXECUTIVE

June 2023

Year 11 Football West Suffolk Cup

The Year 11 footballers endured their first game of the season against Thurston (Away) on Wednesday 20th of September. A tough affair not made easier by the conditions as it was hammering down with rain through the entire game.

The slippery wet grass proved to be difficult for the boys who are used to playing on MCA's astro, they were outplayed in the first half going in 2-0 down at half time. At half time a tactical change was needed which led to a much closer second half, with Alex Reid and Liam Powell both coming close to scoring a goal however both efforts missed narrowly which meant the full-time score was 2-0 to Thurston who progressed to the next round of the West Suffolk Cup.

Year 11 Football Festival

MCA hosted a football festival for King Edward School and County Upper on Monday 25th of September. After their loss last week in the cup a win was highly needed by the boys.

The first game was against King Edward School, MCA put on a dominating performance with some great goals which helped MCA to a 6-0 win. This win was thoroughly deserved and the boys played some eye catching football. The second game against County Upper proved to be more of a challenge for MCA as they had beat King Edward School during their game. MCA started the game fast by scoring a goal in the opening minute in sublime fashion which put County Upper under pressure, this was followed

by a closely contested game but a very well worked team goal in the last 5 minutes sealed Mildenhall's second much deserved win of the day. This cemented MCA's victory in the football festival, showing they play much better football on home turf. The Year 11's next game will be on the 7th November at home against Finborough in the first round of the Suffolk Cup.

Year 7 Cross Country

The Year 7 cross country team enjoyed a very successful trip to Newmarket Academy on Tuesday 26th September. It was a very sunny, warm day for this time of year and the performances matched the good weather.

After a debrief and a group warm up the boys headed to the start line for the first race. After the first lap (of the 2 lap race), Max Rutter was in second position cruising comfortably and Oliver King was not far behind in 4th place, on the last lap of the race Max put in a big effort and ended up winning the race in amazing fashion in the end winning comfortably in 1st place, barely breaking a sweat whilst crossing the finish line showing he had a lot left to give, with Oliver King also doing well coming in 11th position.

It was then the turn of the girls to put in their hard work, a standout run from Isabelle Knowles saw her come 3rd in the race which was an excellent resilient performance, and the rest of the girls all put in a good shift to come in the top half of all runners.

Due to MCA's determination and hard work during the run, Max Rutter, Oliver King, Isabelle Knowles and Lucy Martin won the Year 7 gold for the best team performance which meant the students ended the day extremely successfully. After looking at the results the team came first by a big margin, proving how well they all ran that day, huge congratulations to all.

Year 9 West Suffolk Cup vs Thurston (Home)



On Wednesday 27th September the Year 9 football team had their first game of the year. This is coming off the back of a successful year last time out winning the County Cup, West Suffolk Cup, and the County Futsal.

The game was at home to Thurston in the West Suffolk Cup first round. The boys started the game strongly, keeping good possession and playing some good football, although finding it hard to get an end product. The breakthrough finally came from a good flick on from Robin Munro, putting Bailey Gibbs through who slotted it home. We continued to play well and create many

chances early in the second half. Robin Munro got himself on the score sheet as well. Thurston fought back with 2 goals in the second half, after some tired looking legs and against the run of play. Bailey's second goal came from a great bit of skill, before smashing it into the top corner. Overall, a strong first game back, and into the next round.

Year 9 Boys Football Festival vs County High (Home)

On Monday 2nd October, the Year 9's played in the West Suffolk Football Festival. There was due to be 2 other teams coming to MCA, however one dropped out. This meant we played 1 game of 15-minute quarters, giving everyone a good opportunity to get game time. The game was an opportunity to give students who don't usually play for the academy a chance to play.

Zach Hurren impressed on the left wing, showing his pace and good dribbling skills.



Alex Mower upfront, with Josh Langley just behind having good energy and battling for every ball. With the help of Ben Cross getting the team together.

The result was a 6-3 loss to a strong County High team. However, the team did themselves and the academy proud showing strong teamwork and resilience throughout the game.

Year 7 Boys Football vs Thurston (Away)

MCA travelled to Thurston for the first round of the West Suffolk Cup. MCA took the lead after a goalmouth scramble Evelyn Coe was the fastest to react and tap home from close range. MCA had some lovely play in midfield thanks to Kobe Adams, Oliver Wells and Max Rutter.

Thurston equalised after a long ball over the top caught MCA off guard. MCA then took the lead after a wonderful strike from Evelyn Coe, her second of the game. Thurston equalised after a good save from David Kurcon the Thurston striker was quickest to react. Thurston then took the lead after another through ball was latched onto by the Thurston striker. 3-2 at half time.

MCA dominated the 2nd half. Max Rutter had a chance but his shot whistled over the bar. MCA continued to press and a brilliant save from the Thurston keeper denied Evelyn what would have been a wonderful hat trick. In the end MCA ran out of steam and lost 3-2. Great game all round and the students represented the academy superbly for their first ever fixture.

Football Leadership

A number of our students across a range of Years 8, 9 and 10 went to

Great Heath Academy for the U11 Boys Football Competition. For a number of our students this was their first event for leadership, and they stepped up to the challenge.

MCA students were required to be the officials – referees and linesman – and scorekeepers for all of the games taking place. The students coped with the pressure of the responsibility and grew into their roles throughout the event. Having a qualified referee on the team – Jacob Watkins – allowed others to learn the ways of officiating. Ethan Neville also showed excellent potential as a future referee, showing kindness and authority when on and off the pitch. Eden Benion and Scarlett Hickman were required to step in as linesman for a number of games. This was a new role to them, but they showed resilience throughout. MCA are ready to go again in the U11 girls competition soon!

Year 10 Boys Football Festival (Away)

On Wednesday 4th October MCA U15 Boys travelled to County High School where they played in a football festival against County High School and Ormiston Sudbury Academy. Their first game was against Ormiston Sudbury Academy, this game started off quickly with a fast passage of play that put Sudbury through on goal with an easy finish to put them 1-0 up. MCA then started to control the game and with Harvey Coe's and Freddie Preston's route one approach that presented us with a few good chances and forced their keeper to make some good saves.

Unfortunately, the early goal was the only goal of the game, so MCA went into their second game losing the first 1-0.

In the second game against County High School, the Year 10's started off well controlling the tempo of the game. A good link up play between Freddie Preston, Kian Hall and Luke Smith forced their goalkeeper to make an early save. County High School then played the ball down the right-hand side to a pacey attacker that went through on goal to put them 1-0 up. Shortly after, County High School hit MCA on 2 more counter attacks making the game 3-0. This did not affect the boy's moral and after chance after chance MCA finally scored a goal only to have it disallowed by the referee.

Late in the game Max Root played Luke Smith down the right-hand side who got brought down in the box winning a penalty which was put straight at the goalkeeper ending the game in a 3-0 defeat. Despite the result all students did themselves proud on how they represented the academy and are ready to go again on the 16th in the Suffolk Schools Cup.

U16 Girls Football vs Castle Manor (Home)



The U16 girls competed in the Suffolk Schools Cup and earned a home draw to Castle Manor Academy. The girls started off well and settled into the game with ease. A well-controlled defensive line was held by Clara Armsby with the aid of Millie Pammenter and Peyton Strike. A lot of pressure forward from Kody Watkins, Belle Clark and Summer Palfrey pushed MCA forward for the first corner of the game within the first 10 minutes.

Clara Armsby's well placed corner allowed Evelyn Coe to pop up and head the ball home giving the young striker her first goal and MCA the lead. Within a couple of minutes Evelyn had a second goal and MCA were on the front foot. Good hold up play from Darcy Coe allowed Evelyn to move forward again and gain her hat trick in the first half. A small confusion at the back from MCA got Castle Manor an indirect free kick but the girls held themselves strong and a clearance off the line from Belle Clark gave the MCA girls an extra boost.

Castle Manor managed to get a goal back but Beth Edson in goal was playing very well with her confidence rising every time she touched the ball. Great running down the wings from Je-Anna Buckle and Kody Watkins allowed the girls to push the ball wide but returning it to the middle and a well taken goal from Belle Clark allowed MCA to be 4-1 up at half time. Debuts for Gracie-Mai Lloyd, Ruby Lee and Hannah Youngs were given.

A couple of unlucky missed chances from Ruby Lee and the girls where flying.

Evie Byrne also came on into the centre of midfield and made some exceptional runs and drives with the ball at her feet. Evelyn Coe managed to gain herself 2 more goals in the second half leading MCA to the 9-1 win and flying into the second round. Well played by all the 15 girls who played!

U12 Football Festival

MCA began against the host of the tournament which was King Edwards. MCA took the lead after a well taken finish from Oliver King. MCA extended their lead after Sean Doyle found Max Rutter who was able to volley home from the edge of the box. Samuel Kempa then found Oliver Wells who made it 3-0 at halftime. MCA continued to play well and dominated possession through the midfield. MCA made it 4-0 after Harry Winstone played a lovely pass. King Edwards caught MCA on the break and were awarded a penalty. David Kurcon made a great save from the spot but the ball cruelly rebounded back of the bar and into the goal. MCA finished with a flourish with the final score MCA 6-1 King Edwards.

MCA had a much tougher test in the second game against Sybil Andrews Academy. MCA continued to try and play out from the back and put together some promising attacks. But Sybil Andrews proved too strong and ended up winning by 5 goals to nil.

MCA rallied once again and faced their final opponents which were County Upper. MCA made a great start and Max

Rutter found Harry Winstone on the edge of the box who curled one beautifully past the goalkeeper. MCA doubled their lead after Leo Gamzoo's cross shot looped over the keeper and into the goal. MCA then scored their third goal after Reggie White slipped the ball to Samuel Kempa who drove the ball into the top corner. MCA rounded off after a scramble in the box, final score MCA 4 - 0 County Upper. The students once again conducted themselves superbly throughout this tournament.

U14 Netball



The U14 girls travelled to Sybil Andrews Academy for their first develop tournament of the year. It was a hot and humid October day and MCA had 3 games. They got off to a roaring start with a 14-2 win over Sybil Andrews B team. They followed this up with a brilliant 18-0 win over Stowupland.

MCA controlled this game throughout, making quick, fluid passes up the court. The girl's final game was against a strong Sybil Andrews A team. Our girls went in confident, but were clearly tired from all their efforts in the previous game.

Sybil were quick from the centre and scored some excellent early goals. However, MCA did score two of their own goals but unfortunately lost 11-1. Overall, it was a fantastic effort by the team, with many of our players having developed from last year. Our two shooters had excellent performances with Hannah Rolfe scoring 18 goals and Jessica Lee scoring 15. We are looking forward to the next tournament after half term.

U12 Netball V St Benedicts

The U12 netball team had their first netball fixture ever with MCA, which was against St Benedicts. Lola Tucker was the captain for the day. Nerves meant the game started off with the team playing very rapidly. Once we took a few breaths, we managed to demonstrate a controlled passage of play down the court. Soon we found our rhythm and another ball was calmly delivered into Lola by Aliya Hunter, who shoots and scored the long bomb! The whistle blows and it is half time. We are 2-0 up and are feeling happy, but do not want to let the lead slip. Captain Lola gives some advice on what the team are doing well, and what needs working on. We go back on, and in the first few minutes, St Benedicts have made some changes. They have a few attempts at scoring, and one is eventually scored, meaning it is 2-1. Thankfully, MCA makes a lovely interception, and the ball is brought down the court by the team and Aliya delivers a solid pass. Bella Charles is in the shooting circle, however, is quite far out – but she didn't hesitate, and goes for the long shot. It was a risk worth taking as the shot goes in and it puts us

up 3-1. The final whistle goes not long after this and MCA win the game. Player of the match went to Bella Charles. All of the team showed huge improvements and are excited for their next fixture together!

U15 Netball at TGS



The U15 Western Area Netball Tournament at TGS started with 9 nervous players ready to take to the court. The first game against TGS was shaky and the girls quickly found themselves 4-0 down. At half time and swapping some players around some sharp shooting allowed MCA to claw their way back slightly however the game was already gone and unfortunately we lost the game 9-4. The second game of the day was against County Upper.

The girls' nerves still hadn't settled and again quickly found themselves 4-0 down. However, some good centre-court play between Lila Keogh, Summer Palfrey and Laila Ashby allowed the ball to go back

to the shooting circle and the girls go into half time 6-2 down. The second half was a better half from MCA with some lovely movement from Jess Stafford to get the ball into the circle for MCA to take their opportunities. However, the first couple of minutes cost MCA and they lost the game 10-5.

Our final game was against Culford Academy. After speaking to the girls and asking them to go enjoy and the game and give it their all it seemed to have worked. MCA scored the first goal of the game! Culford came back, however the MCA defence was on fire! Amazing interceptions from Isla Beale and Lyric Allen stopped Culford from pulling away. Into the second half and the girls were still in their stride, but a few quick goals from Culford pulled them ahead. It just left Amber Rutter with the best interception of the afternoon to seal off MCA's last goal. The girls' best game of the day playing as a team. The girls league starts after half term with high hopes for them there!

Cross Country at the Royal Hospital School

Students from all year groups took part in a very wet and muddy race on Thursday 12th October which turned out to be ideal cross-country conditions for the students at MCA.

The first race of the day was the minor girls race (Year 7), the girls had to run 2.2km which was further than their previous race at Newmarket, although battling against poor conditions

Evelyn Coe made the best performance finishing in a very credible 13th position which was exceptional considering we arrived just 10 minutes prior to the start of the race.

Followed up with strong performances by Isobelle Knowles (30th) and Lucy Martin. The minor boys took to the course for the second race of the day, in this Max Rutter put in an outstanding performance to finish in 8th position, which was the best placed performance from an MCA runner that day, followed up again by good performances by Oliver King (53) and Bowden Williams (63) who put in a very resilient performance.

The Junior girls race saw Zarahi Maynes finish 30th as the best performance, which was her best position at this annual event. Zach Hurren took to the Junior boy's race well and came 73rd.

The final race of the day was the Inter boys, this was also the longest at 5.2km in length, Harry Williams put in a strong performance and good finish to reach the last qualifying spot coming 50th place which means he will make it through to the next round. Tyler Baxter put in a resilient display coming 90th after getting kicked halfway around the course.



Follow the PE Faculty on twitter
@MilPEdept



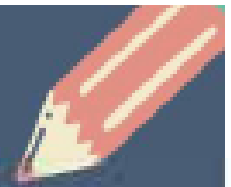
Mildenhall College
ACADEMY

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



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



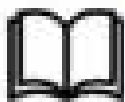
We take PRIDE in our work because it shows we care about our education and it helps us to review and reflect on our learning and progress.



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.



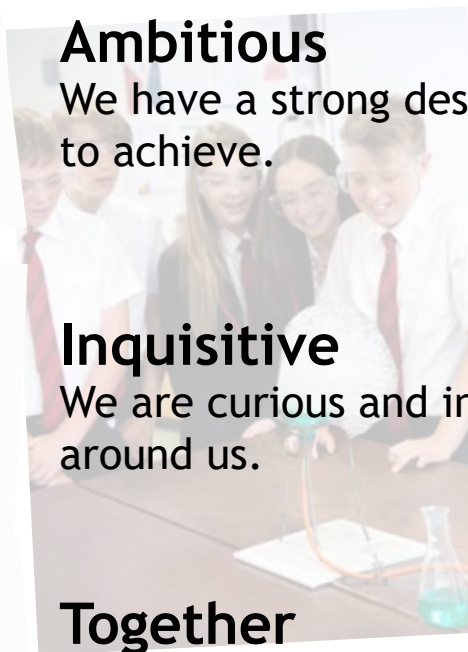
Resilient

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.





Clubs and Activities AUTUMN 2023

WEEK A&B	Monday	Tuesday	Wednesday	Thursday	Friday
First Lunch (7/9/11)	Badminton Table Tennis (A) Year 7 Football (B)	Year 11 Football (A)	Year 7 Singers S11 (A&B)	Year 9 Football (A) Basketball (B)	Esports – G14 (A&B) Tchoukball (B)
Second Lunch (8/10)		Volleyball Badminton (B)	Year 8 and 10 Football (1/2 astro RMI) (A)	Esports – G14 (A&B)	
After School	Homework Club Session 1 – 3:30 – 4:00 Session 2 – 4:15 – 5:00pm (A&B) Ski and Spinning Fitness (MHO/MWI) (A&B) Year 7 and 8 Football (ABU/RMI) (A&B) Basketball (DWE) (A&B) Drones & Microbits -G14 (A) Band S13 (A&B)	Homework Club Session 1 – 3:30 – 4:00 Session 2 – 4:15 – 5:00pm (A&B) Fitness (AWA) (A&B) Netball (AMO, MHO) (A&B) Year 11 BTEC Intervention (BMU) (A&B) Lego Robots – G14 (A&B)	Homework Club Session 1 – 3:30 – 4:00 Session 2 – 4:15 – 5:00pm (A&B) Boys Rugby (AWA) (A&B) Girls Rugby (MWI) (A&B) Badminton (RMI) (A&B) Year 9 and 10 Football (NTF, DWE) (A&B) GCSE Revision (BMU) (A&B) Crochet Club (A&B)	Homework Club Session 1 – 3:30 – 4:00 Session 2 – 4:15 – 5:00pm (A&B) Year 11 Football (A&B) Voice Junction – S11 (A&B)	Homework Club Session 1 – 3:30 – 4:00 Session 2 – 4:15 – 5:00pm (A&B)

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