

Mildenhall College Academy



NEWSLETTER



December 2023



Principal: Miss N Hood

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Dates For Your Diary

Last Day of Term - Wednesday 20th December

End of Term Break - Thursday 21st December - Tuesday 2nd January 2024

Students Return - Wednesday 3rd January

Year 11 and Year 13 Mock Exams - From Wednesday 3rd January

Year 10 Parents' Evening - Thursday 11th January

BTEC Art Trip - Tuesday 16th January

Year 7 Pupil Premium London Trip - Wednesday 17th January

Lego League - Wednesday 31st January

Year 11 Parents' Evening - Thursday 1st February

Year 8 History Trip London - Thursday 1st February

Esports Regional Finals - Thursday 8th February

Year 13 Parents' Evening - Thursday 15th February

PD Day - Friday 9th February

Last Day of Half Term - Friday 16th February



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 Autumn newsletter. Once again I am filled with pride and admiration at the volume and range of opportunities and events which have taken place.

The term has been brought to a close with our Carol Concert, Awards Evening, Sixth Form taster day and rewards trips. All of these events highlight the talents and qualities of our students.



So many of our students demonstrate our MCA TRAITS and kindness each and every day leading to many wonderful accomplishments and a strong positive culture.

We are an inclusive academy and we want all students to achieve academic success, be the best they can be and make a positive contribution to their community (ABC). Whilst the majority of students achieve this with hard work and motivation, it is not always easy for everyone.

At MCA we look to support students to do the best they can through a wide range of strategies and interventions, some of which you will read about in this newsletter. Whatever a student's starting point on joining MCA all are able to demonstrate the basic expectations around uniform, mobile phones, conduct including kindness and respect for others. There can be no exceptions as it is these aspects which make the academy a safe and effective place for everyone and builds a strong culture.

We are all one team and must all work together to uphold standards and expectations for the benefit of all. This so often is the case with over 750 students receiving awards and attending the rewards trips. When we return after Christmas break it will be a new year and a fresh start. Students will all have the opportunity to attend the Spring rewards trip to the seaside!

Most of all they have the opportunity to learn and develop through lessons, clubs, trips and by being part of a strong team of students, staff and parents/carers.

I would like to end by wishing you all a relaxing break, a lovely Christmas and a peaceful New Year.

Best wishes



Miss N Hood
Principal

Work hard; be kind

Working together; supporting individuals



Wednesday and Thursday lunchtimes have been busy with the launch of two new music clubs for Year 7 this year.

Our Year 7 training band musicians have been dusting off and exploring the academy's orchestral instruments. They have been learning all about how to put the instruments together, how to hold them correctly and in the past few weeks have been practising their first few notes. Members of the training band have been coming up to the Music Faculty to practice at other lunch times and are a real credit to the academy. We can't wait to hear you all in forthcoming academy concerts. Well done!

Thank you to Evelyn Merrett (Yr 11), Mrs Bowe, Mrs Sayer, and Mr Aves for their expertise in getting these students off to a fantastic start.

Environment Committee

MCA's Environment Committee took part in a litter pick during both academy lunches on Friday 3rd November.

Students from Years 7 and 8 collected three big bags of rubbish from around the Hub!

They have also been out on the academy field at lunchtimes collecting windblown rubbish.



Attendance

We celebrate the 291 students who have attended every day this half term – great job!

Ambitious@MCA



Clip 'n Climb

On Wednesday 1st November the BHC Faculty ventured to Clip 'n Climb in Cambridge.

Students demonstrated their teamworking, leadership and communication skills and supported each other to scale the climbing walls and defeat the challenges.



MCA Remembers



Students in tutor group Seacole 10 created some home made poppies for Remembrance.



John Claxson P.O. 24-10-1914 - 6-11-1918.
Grandson of John Wood Row's 18 Cavalry
Service in WW2 as a medic





It has been a busy beginning of the academic year for the Drama Faculty.

Year 7

Year 7s are enjoying their timetabled Drama lessons, for many this is a brand new subject for them. We have been focusing on our acting and performing skills, and how we perform dialogue from scripts. After Christmas we will be using our newly gained skills and applying them to a new genre of performance.

Year 8

We have been building upon our acting skills gained in Year 7 by focusing on stereotypical characters. We have been performing in a very exaggerated and over the top way to create recognisable and relatable characters. We have then started to create our own sitcom episodes, using our knowledge of stereotypes.

Year 9

In our Year 9 lessons students have been looking at how Power and Status can be shown in performance. We have been applying the technique of 'proxemics' to show this physically in our performances. Year 9 have also been considering how design elements in performance (such as costume and set design) can also create meaning for an audience.

GCSE

We have hit the ground running in our first year of the GCSE course! Students have been working hard rehearsing monologue performances, a real test of confidence and resilience this early in

the course! Students have shown great dedication to the course and have made a fantastic start!

Currently, Year 11s are in the middle of preparing for their upcoming exams. Students will be performing two extracts from a full length play to an examiner next term. Having created an artistic intention for their performances, it is now their challenge to bring these to life in performance. Rehearsals and line learning are well underway!

Theatre Royal Visit

We are really fortunate to be one of the first schools to become part of a partnership with the Bury St Edmunds Theatre Royal. One of the first opportunities for our students from this partnership was every Year 7 class being offered a workshop with two facilitators from the theatre.



On Tuesday 7th and Wednesday 8th November, Year 7s took part in an Introduction to Drama Skills workshop with David and Emma. During these workshops, students explored how to use their performance skills effectively while performing. Activities included practising projection to ensure that we could be

heard, learning about different areas of the stage and considering what makes an interesting performance for an audience. Students were then given the opportunity to reflect upon a target that they want to work towards across their Drama lessons in the future.

Workshops such as these are a beneficial way for students to develop their skills in a safe and fun environment. We look forward to welcoming David, Emma and the rest of the Theatre Royal Team back to MCA for future opportunities.



Christmas Showcase



On Thursday 7th December we held our first Christmas Showcase! Members of the Performing Arts club prepared and rehearsed a selection of dances and festive skits, as well as some monologue performances from our Year 10 GCSE students. Performances included dances from High School Musical and Hairspray, Santa's Grotto in crisis (melting snowman included) and a last-minute rehearsal for Santa's Elves to remember their choreography. The grand finale of the showcase was an energetic dance number to Jingle Bell Rock.

For some students this was their first experience of performing at MCA, and for others their first experience of performing full stop! We are so proud of everyone who took part and the ambition, teamwork and resilience that you all demonstrated.

A big thank you to Miss Stewart-Hogg for organising, scripting and directing the showcase and to Mr Learoyd for backstage support. The evening was a great success and put the audience in the festive spirit!

Ambition@MCA



Congratulations to Jessie Hunt, Year 10 student, whose amazing Christmas card design (above) won this years Academy Transformation Trust competition in the Secondary Academy category.

Some of the other amazing submissions can be seen below and right.



Ava Winkworth, Year 7



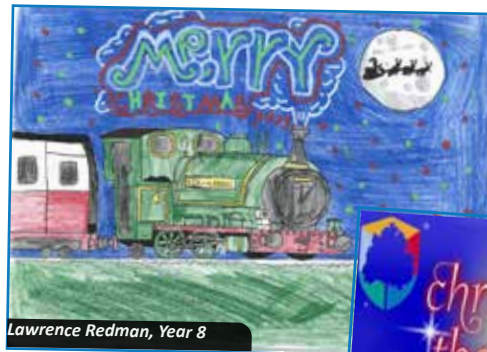
Eliza Potyra, Year 7



Emily Smith, Year 7



Katie Davison, Year 8



Lawrence Redman, Year 8



AC, Year 11



RB, Year 11



Evie Spark, Year 9



Shammah Sayidi, Year 8



This half term, we have been very busy in cross stitch and crochet club.

The crocheters have been practising how to do simple stitches such as chain stitch, double crochet and treble crochet. We are laying the foundations so that we can start making some 'random acts of crochet kindness' in the new year to spread some joy in our community.

In cross stitch club, we have been busy making elves using aida and cotton thread. We have been learning how to do a basic cross stitch, as well as how to start and finish off neatly.

Cross stitch and crochet club runs on Wednesdays after school in F4 and we welcome students to come along whether they have experience with the crafts or not.

We would also gratefully receive any donations of unused cross stitch aida or yarn scraps which you may have at home, that we could use to practice.
Merry Christmas!

Mrs Holden & Miss Davies



The festive season is usually associated with joy, happiness and celebration, but for some it may not always be a positive time.

The shorter days, colder temperatures and the pressures associated with this time of year can negatively impact our wellbeing, and it can be easy to forget to look after ourselves.

Research says that doing one or more of these five different things regularly can help boost your mood and make you feel happier. **Be active, Help someone, Connect with people around you, Try something new and keep learning, Take notice.**

Think about what you do already and what else you could do. Make a plan.

Self-care reflection

10 = I do this regularly (every day)
5 = I do this sometimes
0 = I never do this

Keywords:
Connecting with others: spending time with people (in person or online)
Mindfulness: paying attention to the present moment

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Self-Care Bullet Journal

Quote: *'You are stronger than you think'*

Self-care goals:

- Help do the washing up
- Thank my athletics coach
- Do some sit-ups
- Call Ahmed
- Visit Gran
- Learn a new skate trick
- Practise my Spanish
- Do some breathing

Example day:

I feel: *Tired*

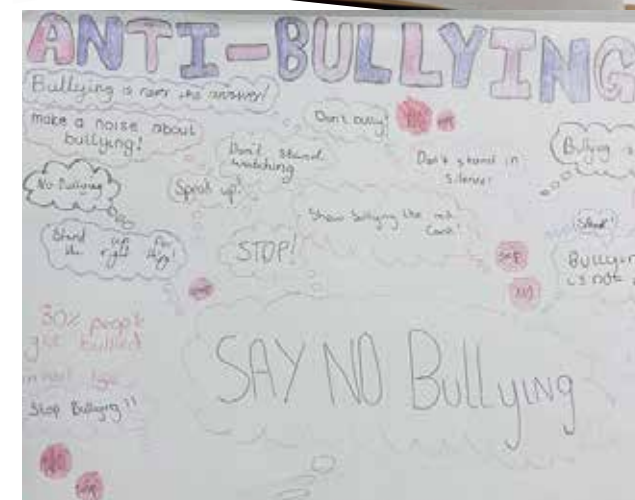
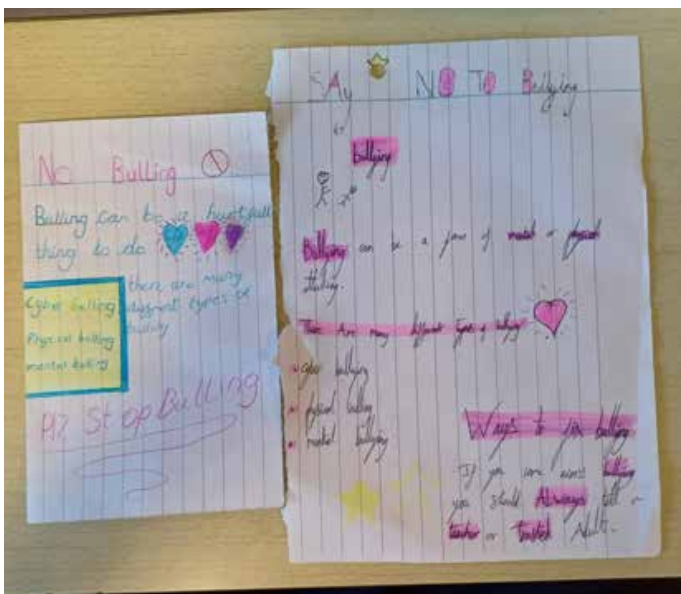
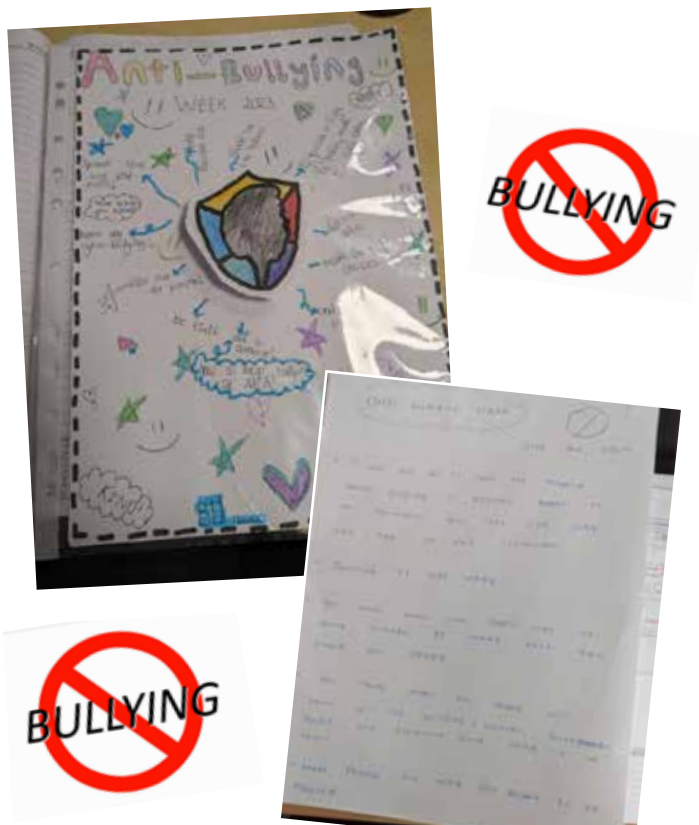
My self-care action: *Do some breathing exercises before bed*

Today I'm grateful for: *My mum's great cooking*

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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 academy.

Just some examples of the work produced for Anti-Bullying Week.



Competition Winner

A big congratulations to Isaac Harwood (Year 9) who has won the Bedrock Stars Competition, a competition which rewards consistent engagement with Bedrock Learning.

Isaac has won a £10 Amazon voucher for his hard work and dedication to Bedrock.



Astrophysics and Space Science Workshops

On the 14th November the SunSpaceArt team from Cambridge University visited MCA⁶. They included a professor of solar physics, a Dr specialising in the formation and evolution of galaxies and an artist.

Our visitors entertained Year 12 and 13 physics students, a few Year 13 art students and Year 10s currently studying for their GCSE in Astronomy.

After 2 very interesting talks on the Sun and the origins and evolution of the Universe, artist Clare Dudeney gave an informative talk around various artists and their techniques and inspirations. She encouraged everyone to come up with ideas on how they might interpret what they had just heard in an informative piece of artwork of their own.

The results were surprising as the physics and astronomers attacked the provided materials with great enthusiasm and came up with some fantastic pieces of art. The art students did their thing and produced some great pieces too.

The following week, the 21st, Meg Ling from the British Space Agency paid a visit. This time to the Year 11 triple science students. The theme was 'looking out and looking in', exploring the human desire to learn about our universe, how satellites help us understand the Universe and understanding our Earth and its atmosphere. There were some fun activities including thermal imaging and

modelling of ocean currents. Star of the show was a surprisingly heavy Russian pressure suit and a piece of moon rock. A good time was had by all, and some good science was communicated.



Inquisitive@MCA





National Trust Archaeologist Visit

On the 17th November we were very lucky to welcome Shannon Hogan, an Archaeologist with the National Trust into our academy to talk to some of our Year 7 classes.

Shannon shared her stories and discoveries from all over the world – from Mexico to Cyprus to Suffolk! The students got to look at and hold items that have been discovered as well as the tools used to uncover these hidden treasures of history.

The students learnt about some of the most famous sites in the UK, like Stonehenge and Sutton Hoo as well as why do we look and study remains and artefacts from history. They also discovered that Archaeologists are helping gaming software companies like Minecraft and Assassins Creed recreate accurate replicas of historical castles and forts that feature in their games.

The students also discovered the different career pathways that are available in the world of Archaeology.



Serenity France (Year 9) has been working on her own collection of creative writing. Enjoy an extract, inspired by several works, including our study of The Time Machine this term.



From *The Stars, Sun and Moon: The Preservers of Time and Life*.

Aeons ago, shooting stars fell from the endless sky giving light to the Children Of The Stars. These Children were also known as the Archivists: creatures that were neither Witch nor Demon). The 4 children went from planet to planet through the Demon Realm, collecting and capturing all species of life there to preserve in The Archives, a place of safekeeping used to hold important times through ancient paintings, and to keep forgotten life forms from fading throughout the years. However, species that resisted were erased from the memory of time, stolen and destroyed by the Archivists like toys.

Aeons later, a meteorite falls from the sky in the middle of a solar eclipse. With its own gravitational pull between both the sun and the moon, it is crushed between the two. The moment of impact is a spectacle of raw, unbridled power. The celestial bodies slam into each other with a force that shakes the planets of the Demon Realm. An explosion ensues, a

deafening roar that echoes across miles, and a shockwave ripples through the air and ground alike. Almost instantly, the world is engulfed in a blinding light, so bright it seems to outshine the sun itself.

Serenity France, Year 9

Firebreak



Over the last half term, two groups of students have been completing the Firebreak programme at Mildenhall Fire Station. Firebreak is a great opportunity for students to develop their confidence, resilience, self-esteem and team work skills. The group of students learn how to throw out hoses and roll them back in correctly, rescue dummies from the training tower, CPR and so much more.

PPE is provided for the students to borrow and they also get the opportunity to look around the fire engine and see what equipment they carry on the truck. It is a 5/6-week course with the last session being a parade session where the students get to show off their skills that they have learnt to their parents/carers.



At MCA, we love to celebrate the joy of reading and we encourage all of our students and staff to take time out to relax and enjoy a good book! We have a vast array of wonderful books in the MCA library and our librarian, Mrs Grahn, is always on hand to support our students to select and borrow an appropriate book.

To celebrate and promote reading for pleasure here at MCA, we have now introduced a new reading reward scheme where students can earn a bronze, silver or gold badge dependent on the number of books they borrow and read. This badge can be worn on the student's blazer to recognise their efforts and to promote the benefits of reading for pleasure.



We are delighted to announce that some of our students have already achieved their bronze awards since the beginning of this academic year. Well done to the following students:

- **Mariam Hutt**
- **Anotida Musananguro**
- **Poppy-Lou Turner**

And congratulations to **Kaitlyn Fuller** who has received a silver award!



University Studies Team

On the 4th December, we welcomed the University Studies Team to MCA⁶ from West Suffolk College to provide insight and guidance for our year 12 and 13 students. The team spoke to year 13 students in their PHSE lessons about applications, personal statements, finance - all aspects of applying to University. There was a pop-up stand in the Study Centre for the rest of the day, where students from year 12 and 13 could access information and guidance from the team.



Career in Law

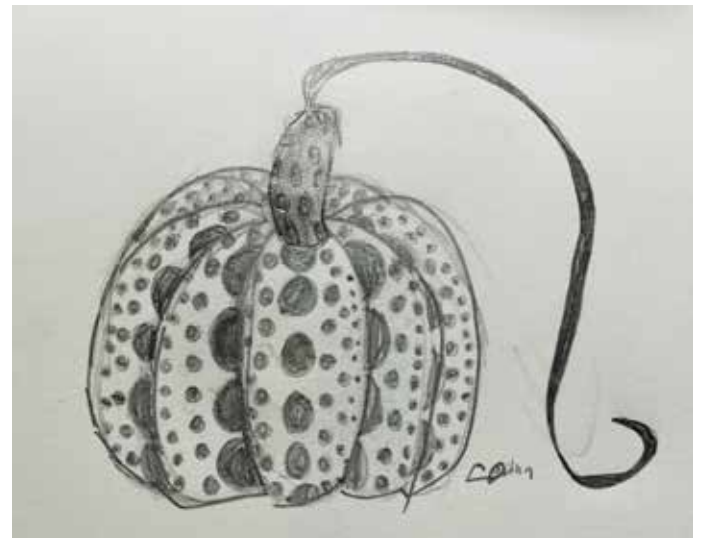
Earlier in the half term, a group of Year 11 students attended the 'Career in Law' workshop, facilitated by a Trainee Lawyer at local firm Ashtons Legal LLP.

Students were given a taster of life as a lawyer, including roles in a law firm and areas of law, followed by a typical week and routes into the sector. The students engaged in a range of activities such as a true/false quiz and group work which involved determining the validity of wills. The students contributed well in the workshop, demonstrating their ambition and asking inquisitive questions.

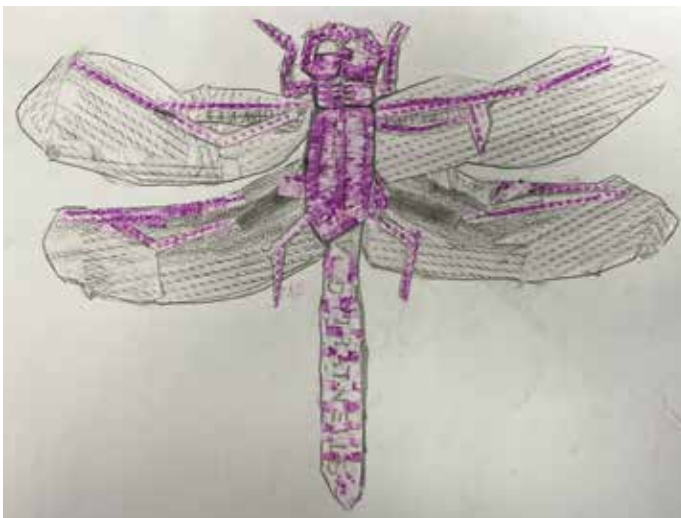
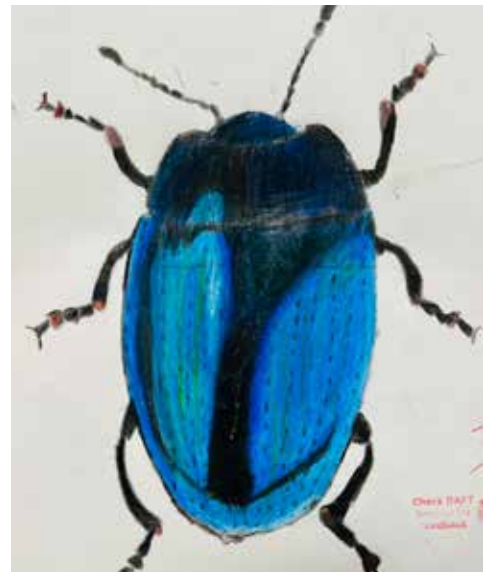


News from the Art Faculty

We are delighted to showcase some of the artwork produced by our KS3 students this year. As a subject, we take immense pride in the abundance of creativity displayed this term, and we recognise the tremendous potential in many of our students. Stay tuned for more remarkable artistic achievements!



Ambition@MCA





Empowering Students to promote diversity and to tackle Bullying.

In our commitment to fostering a safer and more inclusive school environment, we are excited to introduce the Agents for Change Committee, a dynamic initiative focused on promoting diversity within our school community and effectively addressing bullying.

This step in fostering empathy, understanding, and resilience reflects our commitment to creating an environment where every student feels valued and supported.

To kickstart our journey toward an inclusive environment, the committee

recently took part in an insightful workshop led by Equality Change, an organization committed to advancing equality and eradicating bullying.

The workshop provided invaluable insights into the different types of bullying, ranging from overt aggression to subtle forms of exclusion.

One key aspect emphasized in the workshop was the role of students as upstanders rather than bystanders. The Agents for Change Committee encourages every student to take an active stand against bullying by speaking up, supporting their peers, and reporting incidents. Through the collective efforts of our student body, we aspire to create a culture where unkindness is not tolerated, and everyone feels secure and respected.

As we embark on this journey to create a safe and loving environment for all, let us remember that change starts with each one of us.

Miss Domange

Christmas Book Fair

We would like to thank all of the students and their families for purchasing books at our recent book fair, organised by Mrs Grahn.

The total amount raised at the fair was over £481 and this means that the

academy will now receive approximately £48 to spend on new books.

We can't wait to see what Mrs Grahn chooses, and we all welcome student recommendations or requests!



Since early 2023 MCA has had its own after-school club dedicated to supporting our neurodiverse students. In this time the group have achieved some great things, even beyond the individual support they have provided each other. Most recently we have produced a series of powerpoints for the Morning Meetings introducing other students to neurodiversity and what it is like. These topics included ADHD, autism, dyslexia, Irlen's and anxiety, alongside OCD, tourettes, and ODD.

Neurodiversity has its ups and downs, but with the right support, it cannot stop people from being successful.

Neurodiversity can be difficult to manage. A lot of times, neurodiverse students fall victim to bullying. This may cause them to start masking, or trying to make it seem as if they are neurotypical.

School can also be frustrating as some conditions make it more difficult to retain information, or they may get too much information at a time.

It might be an overwhelming environment as neurodiverse people take in the world differently. Students may also struggle because communication can be made difficult with different conditions.

It can also, however, help students thrive and succeed in school and in life. It can help them make friends when they find people that are like them. Neurodiversity can also make a student more creative



in certain areas. Sometimes, someone might go into hyper focus, which can help get more work done and make them quite productive. Neurodiverse students tend to be more honest about things which can be nice when looking for direct answers. They may also focus on being themselves as they might not care what others think. They could also be very good with organisation as they might need the consistency.

While neurodiversity presents its share of challenges and advantages, it should not stop individuals wanting to make a positive impact on the world. Embracing the unique strengths of neurodivergent individuals can lead to a more inclusive society.

Lillian Daniels, Year 10

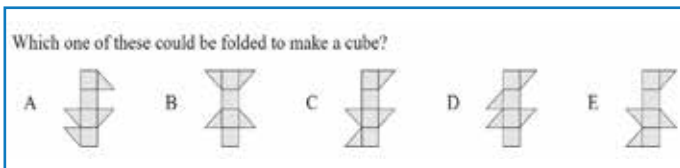
Together@MCA

Assessments and Challenges

As mock exams approach for Year 11 students in the new year, there has been a particular focus on our after-school revision sessions for which there has been an excellent turn out.

Weekly half papers have allowed students consistent exposure to exam questions and the opportunity to hone their problem-solving skills.

The UKMT Maths Challenge is also fast approaching, and students have been working hard in after school sessions to prepare. Mr McCoig and Miss Robinson have been helping students through topic questions, activities and past exam questions such as the one below:



The last 2 weeks of half term means that assessments across all years are back. These range from 1-page tests all the way up to full GCSE papers for our Year 10s. We know these tend to be the bane of a lot of students' academic careers, but they're a great way for us teachers to reflect and review the progress made by so many hard-working individuals.

Shoutouts

The following students are those who we feel have consistently gone above and beyond this half term. Whether it be through extra work, remarkable effort or a great piece of home learning, we feel

that their recognition is undoubtedly deserved:

- Aaliyah Ayres
- George Coe
- Isla Edwards
- Dexter Hampson
- Benjamin Harris
- Nicole Nunes
- Mayumi Torres
- Freddie Towns
- Pavlos Tzinas
- Esme Ward

Our Team

Get to know our furry friends. See if you can match the staff member to their lovely pets:

- Mr Carter
- Mr McCoig
- Mr Ridley-Hughes
- Miss Robinson
- Mrs Roddy
- Mrs Smith
- Mr Wright



Fergie



Milo



Tiguel



Treacle & Mario



Hobbes



Ralph & Martha



Smidge & Smudge

Mr Wright – Smidge & Smudge
 Miss Robinson – Tiguel
 Mr McCoig – Treacle & Mario
 Mrs Smith – Fergie
 Mrs Roddy – Hobbes
 Mr Carter – Ralph & Martha
 Mr Ridley-Hughes – Milo



Mrs Seaney and Mrs Chaplin have had a great start to the academic year with their Peer Mentor group.

Older students have volunteered their time to become one of MCA's peer mentor superstars! They help with confidence building, promoting resilience and helping support young students with difficulties they may be facing.

Our older students are fantastic listeners and are really helping their mentees.

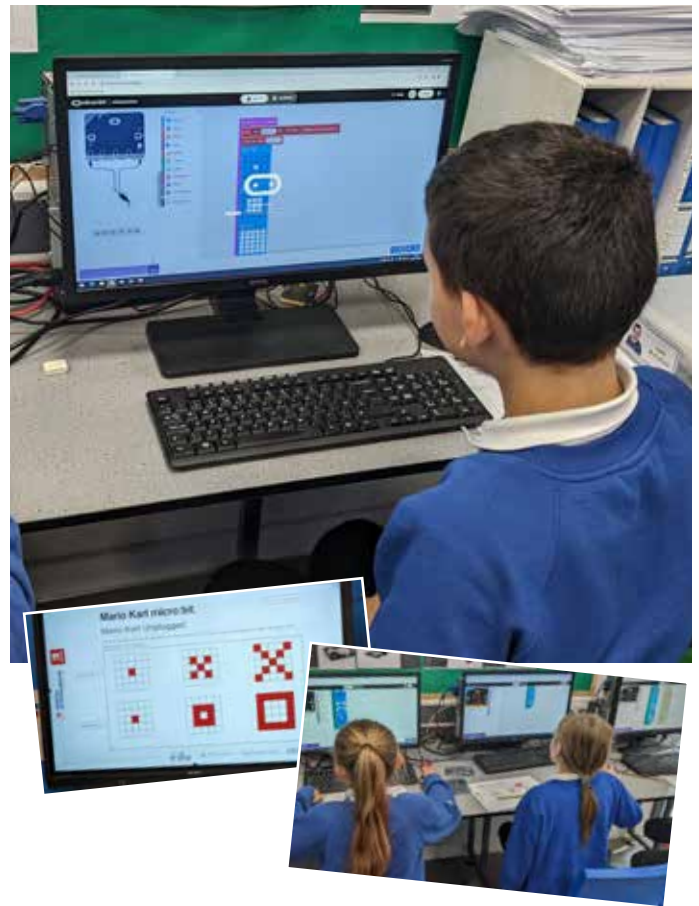
This can be seen through talking, playing games and even football! The relationships being built between the students is wonderful to see!



MCA is continuing its relationship with Digital Schoolhouse to support teaching of computing in primary schools and help to develop a love of computing in young people.

This half term, three workshops have been delivered to year 3, 4 and 6 students from Beck Row academy. It has been amazing to see the enthusiasm as students learned to program using Scratch and Micro:bits. Year 4 and 6 students visited MCA for their workshops giving them an insight into the academy they may be joining in the coming years.

Students and teachers both enjoyed the sessions.



BBC Bitesize

On Thursday 14th December we had the fantastic opportunity to host the BBC Bitesize Career Tour at MCA!

Our year 7 and 8 students had the opportunity to hear from three professionals. Joe - a Production Secretary, who has worked on shows like The Only Way is Essex, Blankety Blank, Trudi - a Artist Creative, who runs her own studio and is a art conservationist and restorationist and Jacob - a BBC Broadcaster and Journalist on BBC Suffolk Radio.

The three panelists spoke about their past school experiences and how they got into the career fields they are in now and offered advice and guidance to our students whilst still in school and heading

towards picking their options for their GCSE's. The students also got to learn about 'soft skills' and how these are essential in todays world of business and careers.

At the end the students got to ask questions to the panelists via a microphone in a rugby ball! It was an amazing experience for our students, and many stopped on the way out to ask more questions.



Bebras Computational Thinking Competition

Our annual participation in the national Bebras computational thinking competition saw all students in years 7-9 and Computer Science students in years 10-12 taking part in 18 problem solving activities. Students were given practice tasks in the lead up to give them some preparation for the challenges with lots of students doing very well in the real challenges.

The competition is organised with the help of organisations such as Oxford university, Raspberry Pi, Google, ARM and Computing at School with the aim of developing problem solving skills in young people.

The students shown finished in the top 10% of all entries in the country in their age group. Congratulations! These students are being invited to take part in the next round of the competition with a chance to win some prizes! This round will take place between the 15th and 19th January. Details will be shared with students shortly. Students who have qualified in previous years will also be invited to take part.

- Benjamin Harris
- Daniel Cooper
- Jessica Dowson
- Maximilian Kuckelhaus
- Evie Parsons
- Lucy Martin
- Jack Dempsey
- Caitlin Cotier
- Sonny Brackenbury

- Rhys Sansom
- Wiktorja Pawlak
- Laurence Redman
- Belle Clark
- Poppy-Lou Turner
- Izma Ameen
- Jacob Weller
- Adam White
- Luis Outhwaite
- Isabel Rudderham
- Oskar Rompkowski



MCA⁶ Taster Day and Recruitment



Recognition at MCA

Awards Evening

Well done to all students and staff who received awards and thank you to our sponsors for their support.



Ambitious@MCA



Carol Concert



Foodbank Donations



U15 Football V Castle Manor Academy (Away)

On Monday 16th October the MCA U15 boys travelled to Castle Manor Academy where they were playing in the Suffolk Schools FA Cup. The game started off quickly for Castle Manor as they scored two goals within the first 2 minutes of play. MCA showed real resilience to keep their heads up to carry on playing at a good standard. About 10 minutes in Jacob Watkins (GK) kicked the ball up the field where Luke Smith got on the end of it for an easy finish making the game 2-1. Shortly before the half time whistle, Kian Hall played a clever ball from the midfield to Toby Walker which put him through on goal for another easy finish, tying the game up 2-2. In the second half Freddie Preston and Luke Smith linked up, putting Luke through where he tried to chip the goalkeeper, but the ball was cleared off the line by Castle Manor. With 5 minutes to play a misjudged ball over the top was missed giving Castle Manor a 1v1 chance which was bravely saved by Jacob Watkins. From the corner Castle Manor had another chance where they skipped past MCA's defence slotting the ball into the bottom corner giving them the lead once again. The full-time whistle was then blown finishing the game 3-2 to Castle Manor. The students showed excellent teamwork and resilience throughout the match.

U12 Mixed Football

MCA travelled to their local rivals Breckland in the first round of the Suffolk Cup. MCA started brightly and had good

early spells of possession. They took a deserved lead when after confusion in the Breckland defence allowed Evelyn Coe to smash home from close range. MCA doubled their advantage when Oliver Wells played the ball into the path of Sean Doyle who struck the ball first time past the goalkeeper. MCA continued to dominate possession and Kobe Adams and Ka'Mari Jones-Clarke had some superb link up play down the right-hand side. MCA were awarded a free kick late in the first half, which was taken by Max Rutter. His lofted ball missed everyone and nestled into the bottom corner. By half time the score was Breckland 0-3 MCA. Breckland made the better start to the second half but any attacks were quelled by good defending from Reggie White and Leo Gamzoo. Our goal keeper was calm throughout the game and this abled MCA to play out of defence with confidence. Ka'mari Jones-Clarke was a constant threat down the right and his cross found Evelyn Coe in the 6-yard box to head home. Ka'mari was involved in the 5th and final goal. He was played through by Harry Winstone and Ka'mari's fierce drive was parried by the Breckland keeper, only for Eveyln Coe to tap home a well-deserved hat-trick. This takes her total to 5 goals in 2 games. Final score Breckland 0-5 MCA.

Leadership

Our MCA Leaders headed back to Great Heath to support the U11 Girls Football Competition. We had more students that were new to leadership responsibilities, but you could not tell. This week there

was a chance for our students to lead skills sessions to the primary schools. Connor Hurren and Jake Houser took on this responsibility and did brilliantly, looking at passing and shooting.



Our leaders ensured the games were timed efficiently and officiated in a fair and supportive manner. Charlie Butler did a fantastic job running the line in the final. Our leaders ensure the event ran as smoothly as possible!

U12 Netball V KES

MCA U12 netball team had their second game of the year. They were feeling confident off the back of a win in their previous game. We started off well, going 2-0 up in the first quarter, one goal being scored by Bella Charles, and another being scored by Evie Nunn. Captain Bella gave some good advice on what was going well but also gave some pointers on what we needed to work on as a team. In the second quarter KES unfortunately equalised as they scored 2 goals, and we couldn't manage to get the ball towards their goal. Upon entering the third quarter, the girls were determined to get another goal. They succeed and made it 3-2. However, KES found themselves on a roll and score 4 goals to make it

7-3. Unfortunately, in the fourth quarter we couldn't catch up and the full-time whistle went and it finished 7-3. The girls are looking forward to working together at training to improve on their game!

U12 Develop Tournament at Sybil Andrews

MCA U12 netball team attended their first tournament of the year where they played 3 games in total. Their first game was against a Sybil Andrews. The girls put all their effort into the game bringing the ball down the court and we had a few chances to score, but unfortunately the ball was occasionally intercepted by a strong Sybil Andrews side which led to them winning the game 3-0.

The next game was against Stowupland, the girls knew what they needed to work on and used their loss to their advantage. Although Stowupland scored the first goal of the game, we had Maci and Lucy making some great interceptions in defence, which allowed Aliya, Lacey, Maci and Neveah to bring the ball down the court. Izzy then passed a beautiful ball into Bella who made it 1-1. This allowed us to find our flow and Izzy made it 2-1, scoring a lovely goal.

We then had a penalty shot from Bella to give us our third goal and shortly after this the final whistle went and it ended 3-2 to us! Our final game was against County. Off the back of our win against Stowupland, the girls were pumped and played amazingly to win 3-0! Overall, this was a great tournament for the team

with some wins and some learning curves too!

U13 Boys West Suffolk Cup

MCA hosted a strong Stowmarket team at home for their first game. An early counter soon set the team back with a quick through ball leading to a 1-0 chase, within another two minutes a second counter caught the boys off guard extending the score further.

MCA held strong and found some composure with some great defending from Joseph Alexander keeping the score to a minimum. Although a miss timed tackle leading to a crucial free kick resulted in conceding a third goal just before half time. This did not deter the boys with some great link up play from Jay Thompson, Tobias Barrett and Oliver Gray lead to a great goal finished by Oliver bringing the score to 3-1.

Second half MCA started strong and applied high pressure with wonderful team effort, with every member giving it their all. Unfortunately, a fourth goal from a rebound further helped Stowmarket increase their lead. The boys worked incredibly hard despite the deficit and in the dying minutes of the game applied high pressure leading to an error from the opposing team's keeper and defender, this opportunity was not turned down by Jay Thompson who casually finished the ball into the net. This counter goal sadly was not enough to bring the game back, the team hope to train hard and improve composure in their next game.

U13 football

The U13 footballers competed against Ormiston Sudbury Academy in the first round of the Suffolk Cup on Wednesday 1st of November at home.

MCA took the front foot from the first whistle, with good passing around the pitch saw us dominate possession for much of the first half. Some good link up play in the middle of the park which lead to some good chances that unfortunately we couldn't finish. Sudbury always looked dangerous on the counterattack however good defending from Joe Alexander and Charlie Bennett stopped any threat from reaching Freddie Newton in goal. Finally, the breakthrough came just before half time with a scruffy goal from Oliver Gray giving Mildenhall a well-deserved lead just before the break.

Not much was changed over half time due to the good performance in the first half. The second half started just like the first with MCA keeping Sudbury pinned back due to their good high pressing as a team. MCA missed a few chances to double their lead which built up the tension in the team as they knew they were only winning by 1 goal. Thankfully in the last 5 minutes of the game Callum Clarke slotted through an accurate through ball to Jenson McLean who was able to hit it home in the bottom corner giving us a well-earned 2-0 victory.

This win will see MCA into the next round of the Suffolk cup, a brilliant performance by the whole team.

U15 Netball

The U15 girls started their league campaign against a strong King Edward's side. Five Year 9 girls played up for this game and made MCA proud.

The three core Year 10's, Summer Palfrey, Mazie Day and Lyric Allen used their experience to help the younger girls come into the game. Laila Ashby and Isla Beale both showed strong netball characteristics in defence bring the ball down the court well. The game ended in a 17-2 defeat for the girls but lots of experience gained for the Year 9s. Well done girls.

U16 Football



The Year 11 footballers had their first cup fixture against a resilient Finborough team on Tuesday 7th of November. Due to a few injuries a couple of year 10 players got drafted in last minute to help

the squad out. The first half started off well for MCA, dominating much of the possession and getting the better chances however could not find the back of the net.

The first half was a closely contested affair with most of the battles happening in the middle of the park with both teams trying their best to find an opener. Half time came and it was a 0-0 score line. Some changes were made at half time and second half started with a bang after MCA played a brilliant low ball into the box leading to an own goal and a 1-0 lead for us. It was clear from the off that we started to dominate the ball well in the second half and use the extra possession to our advantage, the second goal came shortly after with a calm, cool finish from Kian Hall into the bottom corner making it 2-0.

The boys really turned it on second half playing some lovely one touch football which lead to Kian's 2nd goal of the game, another brilliant finish to make it 3-0. By this point MCA knew they were going to win the game, so the quality of football dropped a tad, nevertheless MCA went on to score another goal which was counteracted by a Finborough finish to end the game 4-1. A truly great team performance, and onto the next round.



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U14 Girls Football



MCA started their pursuit of the West Suffolk Cup strongly, hosting Breckland in the first round. MCA fielded a strong team with a range of strengths from different players.

Upon the first whistle, both teams went out strongly and there were a number of close chances. Finally, the deadlock broke with a great goal from Evelyn Coe, from a through ball to chase. The game continued to develop with further goals being scored by Evelyn. MCA built up a number of the goals well, with lots of well-connected passes. Ella Brewer was rock solid in goal, making some outstanding saves, keeping us in the game. Ella also was able to supply the ball out quickly, for most of our attacks. A lapse in concentration led to Breckland scoring their own goal bringing the score to 4-1.

There was some great defending from Millie Pammenter, Amelia Claydon-Soares and Lucy Martin. Evie Byrne dominated midfield throughout the game, covering all areas of the pitch.

As we moved into the second half the goals did not stop flowing. Beth Edson was a part of some great attacking play and showed her development throughout the game. Evelyn ended up with an amazing 7 goals. However, Belle Clark also got herself on the scoresheet. When Ruby Lee moved into a striking position, she also got herself a goal too from some great hustling. Megan Stannard, Lola Tucker and Mariana Prates got some good tackles in, supporting the rest of the team. Ellecia Paflin made a fantastic run down the wing, almost finishing off with a goal, but was stopped short by some good covering from Breckland. The overall score was a fantastic 9-1 victory to MCA.

U15 Netball vs County Upper

The U15's girls next game was against County Upper. Due to commitments, we only took a core 7 to County but the girls were in good spirits and eager to get started. County only had 6 players and the girls at first struggled with having an extra player. Some rushed play meant County turned over the ball a few times and scored each time from this.

MCA had most of the play but went in at half time drawing 3-3. After speaking to the girls about positional play and where to utilise the extra player the game went MCA's way. In defence Lyric Allen made great interceptions in the circle which led to the turnover ball then being at an advantage going down court. Midcourt players Lila Keogh, Laila Ashby and Summer Palfrey brought the ball down

beautifully to allow Mazie Day and Jess Stafford to move around the circle to get into a shooting position and utilise this to score.

MCA finished the game 6-3 winners and with some great play by all. Next game against a tough Stowmarket team will test the girls further.

U14 Boys Basketball

On Wednesday 15th November, the Year 9 boys Basketball team travelled to County High School for a tournament consisting of 3 teams.

The first game we played was a very low scoring game, drawing 8-8 with King Edwards Grammar School. The second game saw more points, along with a better/more attacking game plan from the boys, eventually beating County High 20-17 after a nervy ending. The boys represented the academy well, with Arhan Caglar defending well and making shots from under the net. Some good game management came from Eren Kartal, who attacked at the right times and kept the ball well when needed to with his close dribbling skills. Both games showed good team performances, including some good steals from Ben Cross. Overall, the whole team played their part and to a high standard.

U12 Netball V Stowmarket

On the 20th November, U12 girl's netball team played against Stowmarket. Stowmarket were quick to get their first

goal, and although we did some great defending their GA was strong and managed to get a second goal not long after. We came in at half time and the score was 4-0.

We had some words of wisdom from captain Lucy Martin, who gave advice which included us needing to reduce the long passes we did, and instead try shorter, safer passes to work the ball up the court. This advice worked wonders as when we came back on, the ball was worked well to Aliya Hunter who scored an amazing long shot to make it 4-1.

The girls kept working hard throughout the entire game to defend but at the final whistle the game ended 6-1. Player of the match went to Aliya! We now have some things we can put into practice at training to help us win our next game.

U16 Rugby Tournament



The U16 boys rugby team played a 4-team tournament at Stowmarket High School. The boys won their first game of the tournament against Stowmarket by three tries to one.

Try scorers were Andrei Iordache, Taygen Baranowski and a wonderful solo effort from Seb Mugabe.

MCA then came up against a much stronger opposition in Thurston and lost by 5 tries to 2.

MCA then faced Newmarket and lost by three tries to nil. The boys' demonstrated real courage in this game and if not for the defensive effort of Riley Stannard and Chris Mathew the score line could have been bigger. MCA's final game of the tournament was against Debenham and they lost by 5 tries to 1, our only try coming from Andrei Iordache who demonstrated wonderful power to break through Debenham's defensive line.

The students represented the academy incredibly well and demonstrated wonderful sportsmanship after each game. MCA finished 4th out of the 5 teams on the day.

U15 Football v King Edwards (Away)

On the 20/11/23 MCA's U15 Football team travelled to King Edwards to play in the West Suffolk Cup.

The game started quickly with good link up play between Freddie Preston and Kian Hall, resulting in Kian's looped shot hitting the bar. From this passage of play the ball was played back into the box with Luke Smith having a shot that was spilled by the keeper allowing Toby Walker to put it away, giving MCA a 1-0 lead.

It did not take long for King Edwards to go on the attack and win a free kick on the edge of the box, that they put away making the game 1-1. King Edwards then made it 2-1 from a quick passage of play giving them a one-on-one chance, and 3-1 by another free kick on the edge of the box.

The second half came around which consisted of MCA creating chance after chance which eventually led to a good finish by Luke Smith bringing the game to 3-2 which is where it finished. MCA were unlucky with the outcome, but they showed good teamwork and resilience to keep going in the game.

U16 Basketball



The U16 boys' basketball team hosted their local rivals Breckland for a chance to compete in the West Suffolk final. MCA dominated proceedings from the outset and Breckland couldn't live with MCA's

ball movement. Orlando Miceli and dominated the early scoring and ensured MCA built up a healthy lead. MCA's movement in and out of the key was sublime, this was demonstrated by Seb Mugabe who dominated the ball both defensively and offensively. Caelen Hampton ended the first half with a wonderful jump shot.

Half time MCA 44 – 3 Breckland

The second half saw changes as Ryleigh Brown, Max Nash, Michael Welsh and D'Andre Egbon-Williams entered the fray. Although changes were made MCA continued to dominate. Ryleigh Brown showed some terrific handling skills and saw him run the length of the court before finishing smoothly off the glass. Some great play in the centre position created space for Michael Welsh and Orlando Miceli to add to their scoring tally.

D'andre Egbon-Williams handling skills caused Breckland all kinds of issues and he was able to step back multiple times and drain some smooth jump shots.

MCA won the contest 68-6 and were deserved winners. The boys demonstrated superb teamwork and togetherness. Having won this game they have booked their place in the West Suffolk finals which take place in December.

Teamwork@MCA

U15 Boys Rugby Tournament

The U15 boys took on their first tournament-style fixture of the year at Stowmarket Rugby club on the 21st of November. The conditions were wet, cold and muddy so perfect weather for a good day on the rugby pitch. For some of the boys, this was their first time at experiencing a rugby game and it proved to be a worthwhile experience for all involved.

The first game was against Castle Manor, in which the boys put together a strong team performance and worked together well despite it being their first game. The defence was solid and stopped a lot of the attacks from breaking through, however two very good passages of play lead to Castle Manor scoring two tries and winning the first game. The second game saw a very closely contested affair between MCA and Stowmarket. Stowmarket began in the lead by scoring early, then MCA showed some brilliant resilience to come back gaining their first two tries of the tournament just before half time, one of them a very well taken try by Ben Cross.

The second half was equally as close although unfortunately ended in defeat by 1 try losing 4-3 in the end. After this, the boys went into their next game against Newmarket determined to win, at half time it was 0-0 and the boys were desperate to get some tries and win the game. The breakthrough came early into the second half when Ben Cross scored a superb try to then back this up a few

minutes later with another, meaning MCA had won their first game of the day thanks to a brilliant team performance.

The last game was a mixed game between MCA, Sybil Andrews and Stowupland, in this MCA once again showed their grit when Jacob Watkins played his part and scored his first try of the day in superb fashion helping his team to get the win. Overall, it was a successful day of rugby for MCA which was thoroughly enjoyed by all.

U14 Futsal Tournament



On Monday 27th November, the Year 9 boys competed in a futsal tournament away at Thurston Community College.

The boys arrived and played their first game against Thurston. The first few minutes took the boys a while to find their feet and get used to the pace of the futsal game. However, we scored soon after and eventually won 4-1, with Bailey Gibbs and Robin Munro scoring, along with 2 goals from MCA. The second game was against County High, which saw a more dominant display from the boys. Ben Cross made some great saves,

making it hard for County to score, along with some good defending from Aedan Bennett. Max Rose managed to show his ability, controlling most of the game. In the end, we beat County 5-0. This time, goals from Bailey, George Catton and 2 from Robin.

Finally, due to another school not showing up, we managed to get another game against Thurston, this time coming out 6-1 winners. Some good play from Dylan Shaw created lots of chances for the boys. Scorers this time were again George and both Robin and Bailey adding another 2 each to their tallies. Overall, a dominant display from the year 9 boys, winning 3 games out of 3 by large margins, putting them through to the county finals once again. Everyone really showed their strengths and represented the academy in a good manner.

U16 Mixed Football

The U16 footballers made a long trip to Lowestoft on the 28th of November to play against East Point Academy in the second round of the Suffolk cup. Having travelled that far to play, the boys were all desperate to get the win. The opening 10 minutes of the game was a close affair with chances at both ends but thankfully MCA broke the deadlock when none other than Kian Hall calmly slotted his first opportunity into the back of the net hitting the ball through the keeper's legs. After this, East Point Academy had their best spell of the game, committing players forward which led to a great opportunity that was stopped in superb style by Harvey Coe tipping the ball out

for a corner. Shortly after this, Rhys Horrex found himself 1 on 1 with the goalkeeper and he managed to stay composed and strike the ball low and hard into the bottom corner for a 2-0 lead.

At half time there was a slight formation change, this time going for a 4-1-4-1 as opposed to a 4-5-1 in the first half to close the gaps East Point were exploiting. The second half started brilliantly for MCA with Alex Reid getting his goal within the first minute, sealing MCA's victory that day. After this, MCA started to put together some nice flowing football which led to the best goal of the game, with an amazing finish from 25 yards out smashing the ball into the top half of the net leaving the keeper with no chance of making the save.

This was then topped off with another goal from Alex Reid to end the game 6-0. A truly dominating performance by the U16 footballers who were ruthless in their finishing. MCA will face Copleston in the next round.

U13 Mixed Football

After their successful last game, MCA took to the second round of the Suffolk cup against some very tough opponents, Thomas Gainsborough School. During the first 10 minutes of the game the possession was shared between the teams with chances at both ends, both teams cancelling each other out for the first part of the game.

Jenson Mclean nearly put MCA ahead when his effort was narrowly saved by

their keeper who just managed to tip the ball onto the post. TGS managed to put themselves in the lead with a good finish from just outside the box.

They then started to dominate the game with their newfound confidence, managing to score a second before half time. At half time a reset was needed from MCA, and after the break the boys came out and scored within the first few minutes with Tobias Barrett aiming the ball into the top corner of the net in great fashion. MCA then found their own confidence, with Oliver Gray slotting in MCA's second a few minutes later making it now 2-2. The score was even and it looked as if the game could have gone to penalties, although TGS scored the 5th goal of the game making it 3-2 with just 3 minutes to go. MCA then went all out attack to try and get another equaliser, however this left us open at the back which led to MCA conceding a free kick in the dying moments of the game where they scored another, winning the game 4-2. Despite MCA's loss, they still showed a brilliant team performance and were very proud to come back from 2 goals down to make it a contest.

U16 Badminton

Eight students from year 10 and 11 represented the academy in a badminton tournament. Games were split into two games of singles and one game of doubles. Tyler Baxter and Harry Willaims played the singles and Riley Sharwood and Leon Wong played the doubles. For the girls, Vanessa Wilkens and Summer Palfrey played the singles and Kaia Heffer

and Lucy Pinnell played the doubles. All students demonstrated superb effort and teamwork. Special mention to Summer Palfrey and Leon Wong who stepped in at the last minute to represent MCA. The results for the tournament are as follows:

Boys

2-1 win vs Newmarket B
3-0 win vs Ormiston Sudbury
2-1 vs win Castle Manor
2-1 loss vs Newmarket A
2nd overall

Girls

3-0 vs Newmarket B
2-1 win vs Ormiston Sudbury
2-1 loss vs Newmarket A
2nd overall



U12 Mixed Football



The Year 7 football team travelled to Kesgrave in the next round of the Suffolk cup. It was a tightly contested first 10 minutes with both sides cancelling each other out. Kesgrave made the crucial breakthrough after a neat 1-2 allowed their striker to tap home from close range. Evelyn Coe and Ollie King had some good link up play but any attempts at goal were quelled by the Kesgrave back line. Kesgrave caught MCA sleeping from a throw in and made it 2-0.

The second half started as the first finished with MCA being caught and finding themselves 3-0 down. Kesgrave added a 4th and 5th and they continued to apply pressure to MCA. Kesgrave were worthy winners in the end. A special mention to Max Rutter and Oliver Wells whose determination and effort throughout was exceptional.

U14 Boys Football

On Monday 4th December, the Year 9 boys travelled to KEGS in the West Suffolk Cup. After a strong start from the boys, the game started with a goal from KEGS to go 1-0 up inside the first 10 minutes. KEGS looked like a strong outfit and tough

to break down and stop from scoring. However, Ben Cross kept us in the game on multiple occasions. The ball was wet and zipping off the wet surface, making it twice as hard for Ben, however, he dealt with everything perfectly.

MCA looked like scoring on a number of occasions, Aedan Bennett and Max Rose dominated the defensive line, with Aedan making life hard for their striker. MCA soon found an equaliser, through some good build up play through Dylan Shaw and eventually finished by Robin Munro from the edge of the box. 1-1 at half time. The second half was a slow start for the boys, they went down 3-1 soon after the restart.

Heads dropped from some of the players, although MCA had other ideas. With a run that took us past several KEGS players, saw us end up in the opposition box and slotted the ball away to make it 3-2. It was going to be tough to get the ball up and over the wall, although MCA stepped up and drilled the ball across the floor into the far bottom corner. 3-3. Callum Clarke (Year 8) battled well in the middle of midfield, along with Saul Andrews tidying things up.

Bailey Gibbs had the beating of the KEGS left back and Centre Back all game, it then eventually paid off. With 5 minutes to go, Bailey had used his strength and power to get passed the defence, cut inside and hit the ball which ended up in the far-left corner. 4-3 to Mildenhall and comeback complete (we thought). There were a lot of minutes added on,

Mildenhall kept battling hard and making it tough for KEGS. Within the last 30 seconds, KEGS found a breakthrough and hit one from the edge of the box, unfortunately Ben had no chance. 4-4 at full time. Due to it being a cup we went straight to penalties. After the first set of penalties, KEGS had missed making it 1-0 MCA, with Henry scoring his. MCA missed next, which then made it 1-1. Joshua Langley, Robin and Bailey all scored the next penalties, putting MCA 4-3 up. KEGS missed their next one, meaning MCA won 4-3 on penalties putting them through to the semi-finals of the West Suffolk Cup. A great game overall, and hard work from the lads paid off in the end.

U13 Netball

The under 13 netball team travelled to Thurston for their first netball tournament of the year.

The girls have been very committed to coming to club and this had an impact straight away. The girls first game was against Ormiston Sudbury Academy.



With some sharp shooting from Gracie-Mai Lloyd and Amelia Coe plus great defensive work from Chloe Wallace saw the girls get a 4-0 victory in the first game.

The girls second game was against Thurston and the girls started well. The defensive partnership of Erin Bailey and Izzy Keogh allowed for a lot of turn over balls and the girls eased away again with a 3-0 win. The girls topped their pool and went into a group with Sybil Andrews and Stowupland. Sybil Andrews came out strong scoring first, however amazing interceptions from Erin Hobbs at centre and combination play between herself and Abby Bosomworth fed the circle to allow the girls to come away 5-1 winners. The final game was against Stowupland, who had a strong shooting circle. Erin Bailey held her own at goalkeeper keeping their goal shooter out of the game. Isla Nunn at wing defence kept their wing attack quiet and unable to feed their circle and this allowed MCA to capitalise. Annabel Slack came into goal attack and worked the ball very well around the circle.

The girls drew 2-2 and played their hearts out to come joint first in the tournament. Well played to all, the commitment to club has really shown. Congratulations girls.

U14 Badminton

On 5th December MCA's U14 Badminton teams travelled to Newmarket to participate in a Badminton tournament. Four boys and four girls were selected to

represent the academy forming 2 strong teams.



For the girls' team, Eden Benion and Marika Wegrzyn played singles and Grace Nixon and Mila Mileriute played a doubles game. For the boys' team, Morgan Linge and Eddie Miller played singles and Max Pearson and Mikolaj Poplawski played doubles. Despite losing overall all the games were closely contested with a few unlucky moments that settled the games. Overall, the MCA students showed real togetherness and represented the academy with the upmost maturity. Well Done!

U14 Basketball

On 7th December MCA hosted their first basketball fixture against Samuel Ward Academy. The students got off to a flying start racing towards a quick 10-2 lead in the first quarter, with some great shots from Peyton Strike, Isla Beale and Grace Nixon.

MCA were working hard and making fast breaks and recovering quick to re-win the ball back. The second quarter MCA extended their lead with baskets from Ana and Marika Wegrzyn. Rosheen Leonard demonstrated some excellent dribbling and hustle up the court to create these shooting opportunities.

By the third quarter MCA were tiring due to their amazing efforts in the first half of the game. Samuel Ward scored 6 quick goals to bring the tie back to 20 – 14, after further baskets from Isla, Darcy Coe and Eden Benion. The final quarter was tough and nip and tuck all the way. Samuel Ward scored 4 great baskets taking the lead to 20-22. However, Marika scored a last-minute basket to bring the overall score to a tie, 22-22. MCA displayed an excellent performance and a great start to their basketball fixtures. Well done!



Showjumping



Congratulations to Year 9 student, Ellie Barnfather who came 8th out of 52 in a showjumping competition at the end of November.

Suffolk Awards

We would like to thank Miss Mutton for her hard work securing over £100,000 for sports provision including equipment.

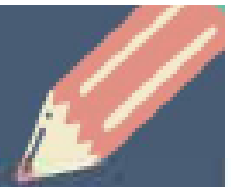


As a result of her hard work she, and the academy, were recently recognised at the Suffolk Awards. Well done and thank you on behalf of the MCA community who have benefited from the funding.

Successful@MCA



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.



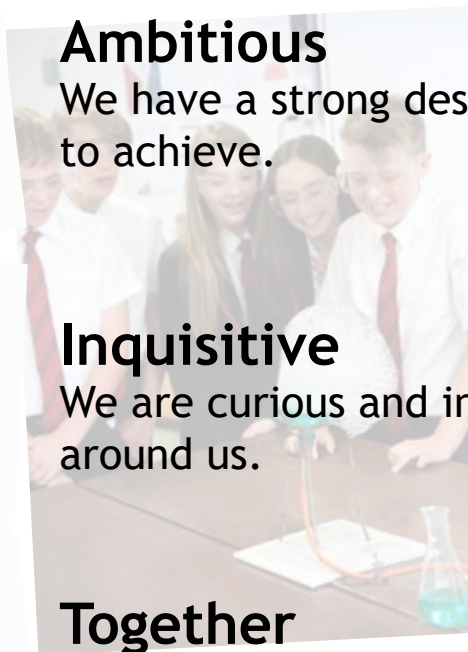
Resilient

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



Ambitious

We have a strong desire and determination to achieve.



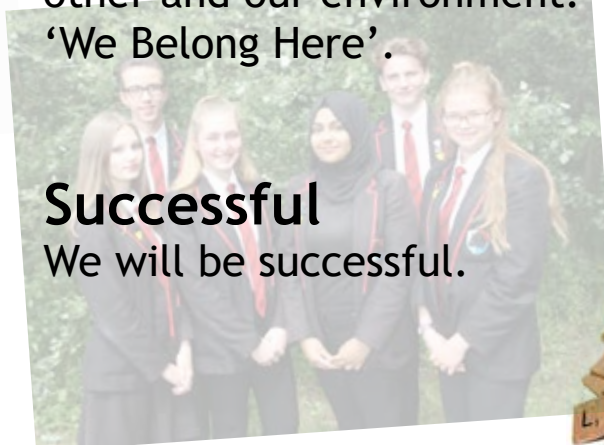
Inquisitive

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 A U T U M N 2023



WEEK A&B	Monday	Tuesday	Wednesday	Thursday	Friday
First Lunch (7/9/11)	Badminton Table Tennis (A) Year 7 Football (B) Main Band (SINFONIETTA) in S13 (A)	Year 11 Football (A)	Year 7 Singers S11 (A&B) Wellbeing Wednesday Club - S13 (A)	Year 9 Football (A) Basketball (B) Year 7 Training Band in S13 (A&B)	Esports – G14 (A&B) Tchoukball (B) Main Band (SINFONIETTA) in S13 (B)
Second Lunch (8/10)		Volleyball Badminton (B) Main Band (SINFONIETTA) in S13 (B)	Year 8 and 10 Football (1/2 astro RMI) (A) Wellbeing Wednesday Club - S13 (B)	Esports – G14 (A&B)	Main Band (SINFONIETTA) in S13 (A)
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) Main Band (SINFONIETTA) in 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