

May 2024



Ski Trip 2024

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Dates For Your Diary



Last Day of Half Term - Friday 24th May

Half Term Break - Monday 27th - Friday 31st May

Students Return - Monday 3rd June

Thursday 6th June - Year 7Q Parents' Evening

Sunday 16th - Tuesday 18th June - Year 10 World War 1 Trip

Tuesday 25th June - Sixth Form Midsummer Ball

Thursday 27th June - Year 7 and 8 Innovation Day

Thursday 27th June - Year 11 Prom

Friday 28th June - PD Day

Friday 28th - Sunday 30th June - MCA⁶ Snowdon Trip

Monday 1st - Friday 5th July - Year 12 Work Experience Week

Tuesday 2nd July - Year 7 and 8 Sports Day

Tuesday 2nd July - Year 10 Computing Day

Wednesday 3rd July - Year 9 and 10 Sports Day

Monday 8th July - Year 10-13 Social Science Trip to London

Tuesday 9th July - Year 7 Science Conservation Trip to Colchester Zoo

Wednesday 10th July - Sports Awards Evening 6-7pm

Thursday 11th - Friday 12th July - Year 6 Transition Days

Tuesday 16th July - Year 8 STEM Day

Wednesday 17th July - Year 11 Taster Day

Friday 19th July - Last Day of Term

Welcome

Dear Parents and Carers

Welcome to our May Half term newsletter and as always a packed edition reflecting the many wonderful things that have taken place across the half term both in the academy and in the form of trips and visits. As I write this foreword the Year 11 students are busy getting their shirts signed and celebrating their time together at MCA. There are still examinations to go for both Year 11 and 13 as well as some students in Year 12 and so our support remains very much focused on them at this time. Both Year 11 and 13 have done themselves, their families and the academy proud and whatever August and beyond holds for them they have set themselves up for bright futures.



In the final term of the academic year we will welcome our new Year 6 into 7 students for their introductory evening as well as their transition days. But it is not just Year 6 getting ready to join MCA and for September. Mr Oxley is also busy reviewing and reflecting on this academic year and how he wishes to start next academic year as Principal. Whilst I remain the Principal until the end of August and heavily involved in MCA both professionally and from a personal perspective with 20 years of love and affection still as strong today, Mr Oxley will be taking the lead. He will have my support throughout this period and I know that he is very excited for what is to come.

There is still much to happen and to be achieved over the remainder of the term and students will continue to have great learning opportunities through their lessons and the many trips and visits still to come.

Our staff and students are a great team and it remains a pleasure and great source of pride to see the daily activities and achievements, big and small, through our MCA TRAITS.

I wish everyone a safe and pleasant half term.

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

Ski Trip 2024



On the 28th March, 28 MCA students from Yr7 to Yr12 along with 5 staff members left Mildenhall for the 24-hour coach trip to our ski resort of Tonali, North East Italy in the Dolomite region.

At least the journey should have taken 24 hours. Despite several journey delays and a very choppy Dover to Calais ferry crossing we eventually arrived at resort to be greeted by the ski and hotel staff for frenzied boot & ski fitting before we could all settle down for an evening meal and a much-appreciated nights sleep in a real bed.

The next morning, we awoke to snow storms which would intensify once we drove to the actual ski mountain. Snow is obviously crucial in order to learn to ski but blizzard conditions make it particularly difficult to learn for novice skiers. However, probably through ignorance of normal conditions, our students, having been put into small groups, embarked on their ski lessons with our experienced ski instructors with real enthusiasm.

Difficult weather conditions continued for most of the week apart from one day when we had glorious sunshine; this was the first time that our students could actually see

and appreciate the whole mountain resort and the many blue, red and black runs available. All our students made really good progress with their instructors and the staff were really pleased to see their efforts as we skied around the various groups.

Unfortunately, right at the end of the ski week the resort came down with a mystery bug which affected all visitors to the region. One of the schools we shared our hotel with lost over 50% of their students with sickness who were unable to ski for 1 or 2 days.

We suffered slightly less but let's just say the coach journey home with 33 people and 1 toilet on board was somewhat interesting. Fortunately coming home only took 23 hours – must have been downhill.

Overall and despite the unplanned conditions the students and staff had a fantastic time with lots of progress in their skiing but most importantly a lot of fun!



Cambridge Rewards Trip

On Friday 26th April students headed to Cambridge for the termly rewards trip.

Thankfully the weather stayed dry and the sun shone on all of those students who demonstrate the MCA TRAITS in all that they do.



Thorpe Park Trip

On Monday 15th April the Year 11 Prefect Team travelled to Thorpe Park in Surrey.

It was a very windy day which resulted in rides being closed at short notice which led to some disruption. Despite this, all students had a great day out.

The trip was a reward for their outstanding work demonstrating the MCA TRAITS and being excellent role models over the course of the year.

The academy would like to thank the Year 11 Prefect Team for their contribution to the academy.



Duke of Edinburgh Expedition



SILVER

From Friday 19th - Sunday 21st April the Year 11 Silver Duke of Edinburgh students undertook their expedition along the beautiful North Norfolk coast.

The students arrived at MCA at 9am Friday morning where they were then driven to their start point in Hunstanton along the North Norfolk coastal footpath. When they arrived, conditions were tough as the rain was coming down hard and the wind was blowing strongly which made it more of a challenge for the students. They began their walk and headed towards Brancaster, which was their final checkpoint for day 1. They made steady progress throughout the day and thanks to Elizabeth Osier who was navigational lead on the Friday made it to Brancaster in good time whilst staying to the pre-planned route.

After this they were driven back to camp (which was North Norfolk Brickyard) where they put up their tents for the evening and

cooked dinner.

The students then made the most out of the outdoor barn that was there which featured a disco ball, a pommel horse and a dart board during the evening before getting an early night as the longest day of the expedition was on the Saturday.

The next morning the students made their breakfast and headed off to Brancaster for the start of day two. They covered the first 3.5km in 45mins up to Burnham Deepdale lead today by their navigational lead Rowen Ives. The trickiest part of the day was between Burnham Overy Staithe and Holkham as this part of the expedition lead the team through the sand dunes of Norfolk which made it a lot tougher for them.

Nevertheless they all showed great teamwork and resilience smashing this part of the course and having an ice cream afterwards. The final part was from Holkham to Wells-next-the-Sea which they found hard

Duke of Edinburgh Expedition

having already walked a very long way over difficult terrain. After they completed this it was time for a well earned fish and chips by the sea front followed by some games on the arcades. In the evening the group also cooked their own pizzas on the pizza oven, led once again by Rowen Ives. This set the team up perfectly for the final day of the expedition.



On the Sunday morning the team were woken up early at 6am. The students then managed to have breakfast, wash up, pack away their tents and belongings before being driven down to Stiffkey for the final day of the expedition. Once again, the wind was very strong and the fact it was raining added to the trickiness of the final day. Thankfully, the sun soon came out which helped the students along the last few miles of the route before they finished back in Wells.

The group showed tremendous togetherness throughout the weekend in everything they did and were a credit to themselves.

To complete their silver awards now all they have to do is finish their volunteering, skills and physical sections off and deliver a presentation explaining how they met their D of E aim. Well done to the Year 11 D of E students on a very successful weekend!

Together@MCA



Brandon and District Rotary Club

Making a Difference Award

On Thursday 25th April Mr Goodenough had the pleasure of presenting an award to a Year 11 student Megan Feenan for her contribution to the local community.

Megan is a member of the local Kickboxing Club and has been for the last 7 years. During the last 3 years she has gained an Instructors' Award and regularly volunteers and supports at the club.

Megan received a shield, certificate and a £100 reward.



GOWARD & EVANS CHARITIES LAKENHEATH Reg Charity No. 253727

The Trustees wish to remind all residents of the Parish of Lakenheath that written applications for both 'Relief in Need' and Education grants (young people under the age of 25) are welcomed in advance of meetings held in March and September each year.

Applications for our next meeting including those wishing to apply for

support for 6th Form/Higher/Further Education are required by 24th August 2024 at the latest please.

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

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

Mobile: 07796 018816

Email: laurawill@btinternet.com

Chess Club



This half term at Chess Club, we have been very busy both playing many intense, thrilling games of chess, as well as spending a lot of time teaching our players as well. We offer engaging chess lessons to all players, regardless of ability, and we also offer weekly, curated chess puzzles – which are catered to all difficulties – and these are taken from real games, giving our players a fun way to apply their knowledge of the game to real-world positions.

Additionally, we have also been planning lots of fun events for the next academic year. We are very excited to be hosting another tournament before the end of the Summer Term which will come with some really cool

prizes up for grabs! It's always fun to get a bit competitive once in a while, and we are even looking at the possibility of signing ourselves up to externally run tournaments, which we can't wait for!

Lastly, we are so excited to announce that we are expanding our services online to chess.com soon! This will allow our players to play against each other, and other clubs whenever they want, just from their phone. If that isn't your cup of tea however, we run our normal sessions every Tuesday after school in Room F11 – or SW13 if you attend the Sixth Form.

We hope to see you there!

SEND Transition Event

Earlier this term, we invited SEND students from Lakenheath, Beck Row and Great Heath primary schools for our first SEND transition sports event.

We welcomed 25 students who will join us in September and they participated in a range of sports events. The session was led by some of our KS3 SEND Sports Leaders who did a fantastic job of encouraging the students and setting up all the activities. The Year 6 students had a fantastic afternoon and are looking forward to joining MCA.



Ambitious@MCA

Search and Rescue Visit



EMERGENCY RESPONSE! What is it...and would you know what to do?

On Wednesday 8th May, Year 12 Health & Social Care students were visited by Cambridgeshire Search and Rescue, who gave an informative talk and demonstrations on responding to incidents and emergency situations.

Cambridgeshire Search and Rescue is a member of Lowland Rescue. We align with Mountain Rescue, Cave Rescue, HM Coastguard, RNLI and other SAR services of the UKSAR operations group.

As a Lowland rescue team, volunteers provide Cambridgeshire Constabulary with an emergency specially trained team to deploy in the search for vulnerable high risk missing persons, that could be a child, an elderly person living with dementia, or even someone who is considering taking

their own life. In each case an emergency response is vital.

Five members of CamSAR (4 two legged and 1 four legged), gave an insight to students about the different competencies used and specialist resources deployed to help bring a vulnerable missing person home to their loved ones.



Search and Rescue Visit

Students were guided through basic life support, CPR, stretcher recovery, water rescue, radio communications and saw Pip (K9 search dog) work a trail to find a 'missing' student in the woods. The visit ended with a Q & A session and a well-earned break for lunch.

'During the outdoor section; it was fun, we got to meet a search and rescue dog who demonstrated their tracking skills by finding one of us who was hiding.'

The team also showed us how to use the equipment they use on a regular basis which included – a drone, a thermal camera, a throw rope and the equipment they wear when entering the water.

We got to actually try some of the equipment and also got to practice CPR on the Annie dummy.

The team also showed us the process they would use when they respond to an incident. Overall the session was great for our Unit 3 exam revision'.

By Domas, Charlotte, Katie and Gerrard



Careers at MCA

Our Year 10 Youth Award Cohort had their first virtual work experience on the 15th May.

We are very fortunate to be a Pathway School with Speakers for Schools and our students had the opportunity to hear and ask questions about being a Vet and what that career involves.



I found it very informative as I might want to work with animals.

It was interactive and I really enjoyed it.

I enjoyed it and it was good that we could ask questions.

It gave a really good view of what being a vet is like.

We work closely with our local Universities in the area and always promote Open Days and Opportunities to our 6th Form students. ARU hosted a NHS Discovery Day at their Cambridge Campus in May. Students had the opportunity to attend and participate in a carousel of activities in the following career pathways:

- **Nursing**
- **Midwifery**
- **Paramedic Science**
- **Operating Department Practitioner**
- **Social Work**

'The event consisted of 5 main careers within medicine and social care, which included Paramedics, Social Work, ODP, Midwifery and Nursing. Every career allowed for participating activities, questions to be asked to student ambassadors about the degree and to experts in each career. Due to the small number of students at the event it allowed me to become more involved and be

to ask specific questions. The event organisers were kind and helpful with questions about the University. Overall, I found the event incredibly useful to myself as it allowed me to gain a better understanding around the careers I'm interested in and other questions that are difficult to find elsewhere'.

Domas, Year 12



Inquisitive@MCA

WELLBEING WEDNESDAY

Club

7/9/11s on Weds Week A @ 12.20pm

8/10s on Weds Week B @ 1.35pm

in S13

{With Miss Wilson and Mrs Wright}



Every Wednesday students have the opportunity to meet in S13 for Wellbeing Club. There are puzzles, quiet games and colouring activities on offer as well as a safe space to eat their lunch, chat to each other or just have some quiet time.

In the first term we resourced the club with some new games and a roll up jigsaw mat so the next club attendees can continue with the puzzle.

Currently the jigsaw has a summer theme.

Note the split lunch times and if you need some space or time out from the hustle and bustle, then pop along.

Here are some pictures of students enjoying the club.

Mrs Wright



Attendance

Tutor Groups were asked to devise a poem or a song to encourage students to attend every day.

This is N1's outstanding contribution, well done Mrs Earll and her amazing team!

attendance
MATTERS

Attendance Poem



A – Attendance is key, you must come in,
T – Taking a nap a day will send you into a spin.
T – Teachers are here to help you succeed,
E – Everyday is a chance, to get what you need.
N – Not coming in will do you no good,
D – Don't miss days, come in like you should.
A – Attention to your alarm – you don't want to miss it,
N – Not coming in, the consequences – don't risk it.
C – Create the life you want to see,
E – Enjoy your life and be the person you want to be!



Pictured below are the winners of a £20 Amazon voucher for attending every Friday in the Spring Term. The same students at the time had all attended every day since September.

Attending every day is something we should all aspire too. We have a significant number that do and these are some of them. They should all be very proud of this achievement and I hope they inspire others to do so too.



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about SCHOOL AVOIDANCE

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

UNDERSTANDING SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

IMPACT OF SCHOOL AVOIDANCE

LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetable routine for the child's school day, if required.

REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at nationalcollege.com/guides/school-avoidance

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News From the Maths Faculty

The Maths faculty has been particularly busy this half term. The Junior UKMT Mathematics Challenge has seen an incredible 15 students achieving Bronze, Silver, or Gold. A huge shout out to Luke Goldstone (Y8) who achieved the Gold award and has the opportunity to sit the Junior Kangaroo Challenge which will take place later next month. A shoutout also to Benjamin Harris (Y7) who achieved the best score for his year.

Upon speaking to year 11s after their GCSE Maths Paper 1, the general feel is that they are optimistic. Nerves are okay, and often bring out the best in us, but all of our students are aware of how and where they can get support with exam stress. Whether it be a formal GSCE or A-Level exam, or some booster support for an upcoming end-of-topic test, teachers in our department are always available to aid students with homework, catch-up as well as supporting their mental health. As such, the MCA maths team now offer a lunch club 2 days per week to help students catch up any missed work and help with issues regarding Sparx Maths.

Congratulations to Mr Dave Barrett who crossed the finish line of the London Marathon with an incredible time of 4:00:09. Not only this, but he also surpassed his target donations of £2K. A huge well done to him!

At the end of this half term, our year 11 students will leave us, finishing on a high with a leavers' day on the MCA6 field. Whilst they still have exams going on, they will have a well-deserved afternoon of fun activities before heads down for the rest of the exam season. Over the half term, the students will have an opportunity to come into school for 2 days for some extra revision sessions alongside all the demanding work they are putting in at home. Maths will be a large focus of these extra-curricular days, as well as their other core subjects. During these, students will explore the topics most likely to appear during Papers 2 and 3 of their GSCE qualification, as well as written exam practice.

We wish all students the best of luck in their upcoming exams, mocks, and end of year assessments.





We're proud to support the Mental Health Foundation this Mental Health Awareness Week – 13 to 19 May 2024. Join in and help to create a world with good mental health for all.

This year's theme is **MOVEMENT**: moving more for our mental health. We know that even the thought of starting "exercise" can be off-putting to many people and that's why we're focusing on movement to make you feel good. At a very basic level, physical activity means any movement of your body that uses your muscles and expends energy. One of the great things about moving more is that there are possibilities to suit almost everyone. Benefits of movement for mental health range from improved mood, reduced anxiety, lowered inflammation and stress, improved memory and concentration, increased confidence, improved sleep and even increased social connectedness.

If you are just starting out, have caring responsibilities, or work long hours, it's important to remember that even short bursts of movement are beneficial. As little as **15 minutes of movement a day has been shown to positively impact mental health** (although the more often we move, the bigger the benefit).

<https://www.youngminds.org.uk/> - **YoungMinds**: offers help and advice to young people, parents and professionals on children and young people's mental health issues.

<https://thesource.me.uk/> - **The Source**: Information, advice and sources of support for young people in Suffolk

<https://inspirecharityuk.org/> - **Inspire Suffolk**: A dedicated youth charity, empowering under 25s to achieve a better future by responding to the needs of our young people and their communities.

<https://www.mind.org.uk/> - **Mind**: information, support and campaigning for people with mental health problems.

<https://www.mentalhealth.org.uk/> **Mental Health Foundation**: Explore information to help you understand mental health and get advice on how you look after your own mental health or support someone you know with theirs. Good mental health for all

News from the Sixth Form

Making a Difference - Rotary Club Award Nomination

MCA⁶ would like to congratulate two of our Year 12 students on their nomination for the Rotary Club Making a Difference Award 2024.

Izzy and Mia had been volunteering for ParkRun and having seen the amount of litter along the route they decided to do something about it. With the help of the school's grabbers, they followed the trail behind the park runners and collected around three bags of rubbish!



Isobel's Trip to China and Thailand

Over Easter I got the opportunity to travel to China and Thailand; experiencing life like a university student as I stayed with my cousin who studies in Shanghai.



Over the course of my trip, I was able to visit historical places which gave me an insight into the cultures of these places. Most notably, I visited the Great Wall of China along with a few family members who, like me, loved the experience and amazing views we saw from the wall and who helped me to enjoy my time even more. Both in China and in Thailand.



I visited temples on various occasions. As well as these historical places, I had the chance to visit more local places in both countries and I could have a sense of university life while in Shanghai.

While away, I could practice basic Chinese speaking with the help of my cousin, I could try new food and I could get a brief feel for life beyond Europe. This trip was unlike anything I've had the chance to do before, going abroad to this extent, especially when travelling alone, has given me more independence and confidence in myself to do more things.



From this I have also been able to have an experience not many people my age can have and I have been able to widen my horizons to give me more willingness to try opportunities when they arise. After this trip, I am confident that, if I continue on to university, I would like to do an exchange year in a country that will give me a different environment to England to further expand my experiences.

My favourites from my trip have to be visiting the Great Wall of China, going to a Chanel exhibit in Shanghai, taking part in the Songkran Festival in Thailand and being able to spend time with a mix of new people who made me feel included and at home in China and Thailand. This kind of opportunity does not come frequently or to many people but I highly recommend taking any opportunities like this if they ever come, it was an unforgettable trip that has helped me with my independence and confidence in myself.



News from the Sixth Form

MCA6 Prefects Take on The Playground

To help with our team building and have some well-earned fun time, the MCA⁶ prefect team dragged Mrs Wetton around The Playground at Barrow. It had its highs and lows; there was lots of laughter but an equal amount of cold water to fight through!



"I'd say the best part about the playground trip was getting completely soaked in the muddy water with the other prefects and I definitely feel it may have crushed any awkwardness between the team members as everyone had fun together." **Hayden**

"I personally enjoyed swimming in the freezing muddy water pools, despite their description! I also loved how supportive everyone was, especially when we were on the more difficult obstacles. I think it's key to participate in these events to build the team. I have shared some new experiences with some new people, which really helped strengthen the sense of camaraderie for me!" **Molly**



"It was a great challenge for all of us and allowed us to try some new things which we helped support each other through!" **Aron**

"Would definitely recommend (especially for bear spotting) – great fun, would do it again!" **Alex**

Katie's Red Bull Experience

Katie, one of our Year 12 students who is a keen go-karter and spends her weekends competing and had the exciting opportunity to meet Max Verstappen at a Red Bull launch event. We love to hear the amazing activities our students take part in outside of MCA⁶.



"The best part of my day was when we were instructed by the manager of the film crew to walk around the corner and speak to a film operator, instead we walked into Max Verstappen I was so shocked as I wasn't expecting him to be there!"

Max signed a Redbull hat for me, which a great reminder of the day. Another highlight of my day was when we got to watch Max race around the indoor kart track, I could learn his lines to help me to improve; by doing this by the end of the day I ended up faster than him and winning the last race of the day!"



<https://youtu.be/feKTdbuPW4c?si=Rs29QLZNMAA7Suyy>

Sport

Royal Windsor Horse Show

At the beginning of May Year 9 student Billy Mulqueen competed in the Royal Windsor Horse Show. Billy was the youngest competitor and this was the first time both Billy and his 8 year old pony Harry had ever taken part in a competition in an arena.

The class was "light trade" (which means any historic horse drawn vehicle that would have been used before the motor car and van took over).

Billy's cart is a general purpose London trolley.

They came 1st in the 4 wheeled category and also achieved reserve champion from both 4 wheel and 2 category's in the light trade class.

Princess Anne was there on that day. A lot of effort went into washing Harry (the pony) 3 times and also cleaning all the harness and brass and polishing the cart! Billy has owned Harry for 5 years now.



U14 Girls Rugby

The U14 Girls travelled to Stowmarket Rugby Club for their first Touch Rugby competition of the year. The weather was wild with rain and wind throughout, making the ground slippery. The girls started tentatively, finding their feet and pass range. We had a close game against Stowupland which finished 2-1 against us in the end. The girls had a motivating team talk about where they could improve their play and headed into the next game with a strong spirit. Some quick exchange of passes allowed a number of close attacks to come close to the try line, but County Upper held a strong defence. The result of this one was 2-0 to County.



Sport

We returned to play Stowupland again and had our best performance of the afternoon.

MCA had started to build in confidence and were linking passes and plays together nicely. This resulted in a 3-1 win over Stowupland. We then played Thomas Gainsborough who had been playing contact rugby in the rest of their games, so were adjusting to the Touch rules against MCA. We capitalised on this and had a number of long possession attacks which ended in tries.

The girls showed determination to get the ball to the line, being rewarded with a 4-2 win. The girls then had a break before their next games and the weather took another turn for the worse. We had two games remaining.

The first was against Farlingaye who were strong on the ball in attack, with a number of fast through balls giving them a 3-0 win. Our final game against Newmarket was close. Even though MCA were cold and struggling with the weather, we gave it our all and managed a quick try at the start. Unfortunately, some breaks in our defensive line led to two tries from Newmarket, which brought the game to an end at 2-1. The whole afternoon MCA were fighting and made many improvements in their game! You did us proud, well done.

U12 Junior NBA

On Wednesday 24th April the Year 7 basketball team took part in a Junior NBA game against St Thomas More (Southend) playing as Oklahoma City Thunder (OKC). As the game was in Southend the boys had a good 15 minute warm up to loosen up the muscles, so they were ready for their game after a 2-hour journey. MCA started off fast going up early on with 2 free-throw baskets bagged from Logan Swan. The rest of the

first ¼ was a close affair, with St Thomas More edging it 9-7. The second quarter started, and MCA started off once again on the front foot, with good teamwork from the boys and a few 3-pointers scored by Logan Swan aided MCA to a 22-17 lead at the end of the second quarter.



Once the third quarter started the game became increasingly difficult for MCA, solid defending from Caleb Vickers and good tracking back from Riley Warren helped MCA keep their lead up until the last minute, where St Thomas More scored three quick baskets to retain the lead with the score now being 36-30 to St Thomas More.

The last quarter began and it was all to play for, MCA tried their absolute best to get back into the game with some brilliant play all round from the boys and real togetherness was shown by all, however in the end we lost the game 46-41. A great team performance all round from the boys made the narrow loss hard to overcome, however the boys should be proud of how well they played.

Successful@MCA

U14 Boys Football - West Suffolk Cup Final

On Friday 26th April 2024, the U14 boys football team travelled to AFC Sudbury to play in the West Suffolk Cup Final for the second year in a row, against Ormiston Sudbury.

The game started well, with Bailey Gibbs causing the Sudbury defence trouble. Within the first 5 minutes, MCA had a corner which was whipped in from Bailey and tapped home by Aedan Bennett which was a great start from MCA.

Sudbury then managed to get back into the game through a few mistakes from MCA, scoring twice in quick succession to make it 2-1. Some excellent individual play brought us back on level terms, to make it 2-2 with a great strike from outside the box. Before half time, MCA switched off a couple of times again, to concede 2 goals just before half time, making it 4-2 to Sudbury going into the break.

The second half started, and Sudbury scored early on against the run of play, making it a massive uphill task until the end. Second half saw MCA dominate the game, but couldn't find the break through. Joseph Alexander and Freddie Newton did themselves proud playing a year up for the first time. Robin Munro managed to then get one back, but it wasn't quite enough. Sudbury then scored again with the last kick of the game to seal the win. MCA lost 6-3 but represented the academy well once again.

U14 Mixed Touch Rugby

Our U14 Touch Rugby side headed to Stowmarket to compete in the Touch to Twickenham event. Although the girls have been training in Touch, a number of our

other members of the team had limited or no experience with playing the touch game, so this was a very new squad and we were excited about the experience. This was the qualifying rounds to get through to Finals days. We had three fixtures. Our first was against Stowmarket.



We started this game strong heading into the lead with a quick try. Stowmarket had a strong kicking game and quickly followed us with an equalising try. Mikolaj Poplawski moved into a sweeping player to cover off any further kicks in the game. The score then went with possession, increasing to 2-2. Unfortunately, two tries followed after some very strong defending from MCA.

The game finished 4-2. This was the first game we had played together as a squad in, so we were still learning the rules and each other's strengths. Game two was against Finborough. This was a very tough game, with some very speedy players on the opposition.

Scarlett Hickman showed strong rugby knowledge trying to drive our team forward. This was followed by a great superman try from Livia Faley, followed up with one from Max Pearson and Marika Wegrzyn, meant we got on the scoresheet with the game ending 9-3.

Our final game was against County Upper and we were raring to go. Strong leadership was shown throughout the competition by Eden Benion who was trying to support those new to the sport. Will Peachey and Harry Seaforth had some great interchangeable play.

Harry performed an excellent grubber kick towards the end of the game for Max to chase into the try zone. Unfortunately, the ball was not grounded fully. Dino Christopoulos chased down a number of players to get touch tackles in, to prevent further tries, showing excellent determination. The game ended 4-3.

This competition works through teams being graded red or white depending on rugby experience. Our team were entered as white, as we were new to the sport. All other teams we played were actually red teams! So, we stepped up to the standard and played our best Touch rugby. Due to this we were offered a place in the finals which we grabbed with both hands! We are off to Sixways Stadium in Worcester! MCA is very proud of all of you. Hard work begins now in training to win!

U13 Girls Rounders

The MCA U13 girls rounders team travelled to Breckland School to play their first rounders match of the season. Captain Erin Bailey did the coin toss to decide who bats and who fields first. She won so decided to field first! Excellent communication was

shown by everyone when fielding, and in particular Holly Bosley had a beautiful throw which travelled very quickly in the air.

Ivona Gorolova did a great job of catching these throws which resulted in getting some of the opponents out and stopping them score a rounder. The MCA team showed some strong fielding to get a total of 5 of the opponents out through catching the ball or stumping them out! Gracie-Mai Lloyd and Erin Bailey's excellent bowling also complimented the rest of the team, as they did not give away any points for a no ball.

When we swapped over, Breckland had 5 rounders. MCA knew they needed to get 5 and a half or more to win the game. A rounder scored by Ivona Gorolova gave us our first point of the game and the girls cheered. Although others hit some great shots, the Breckland team were solid fielders. They were quick to communicate and throw the ball, preventing many half rounders being scored. Many of the MCA team played it safe, but Gracie-Mai Lloyd was brave and took a chance on scoring a half rounder. The Breckland team fumbled the ball meaning Gracie-Mai was in fact able to score a whole rounder for the team!

Throughout the game the girls cheered on the others when batting and were a great source of encouragement. This allowed the team to score 4 rounders in total, meaning they just lost to Breckland 5-4. Nevertheless, the girls had a great game and showed real togetherness and support for each other throughout.



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@MilPEdept



THE MCA WAY - We are here to learn and be successful!

Academic excellence
Be the best you can be
Contribute positively to the community



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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.

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HOME LEARNING

HOME LEARNING IS AN IMPORTANT PART OF YOUR LEARNING AND IS PART OF THE MCA WAY

- IT HELPS DEVELOP INDEPENDENT WORKING
- IT ENSURES YOU RECALL LEARNING AND THEREFORE HELPS ENSURE YOU SECURE KNOWLEDGE AND KNOW AND REMEMBER MORE
- IT ALLOWS TEACHERS TO SET INDIVIDUAL WORK TO HELP YOU IMPROVE AREAS SPECIFIC TO YOU
- IT PREPARES YOU FOR THE REVISION REQUIRED FOR ASSESSMENTS AND EXAMINATIONS
- IN YEARS 10-13 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



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Teamworkers

Together Everyone Achieves More.



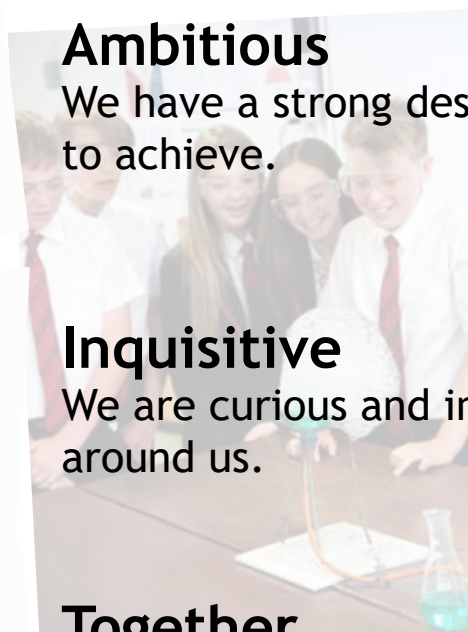
Resilient

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

Clubs and Activities SUMMER 2024



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WEEK A&B	Monday	Tuesday	Wednesday	Thursday	Friday
First Lunch (7/9/11)	World Sport (A) Year 7 Football (B) Year 9 Art Club - F18 (A) Main Band (SINFONIETTA) in S13 (A&B)	Science Support - G1 (B)	Year 7 Singers S11 (A) LGBTQ+ Group (A)	Year 9 Football (A)	Esports – G14 (A&B) TBC Rounders (B)
Second Lunch (8/10)		Year 8 Football - Astro (B) Science Support - G1 (B)	Year 8 and 10 Football - astro (A) Wellbeing Wednesday Club - S13 (B) LGBTQ+ Group (B)	Esports – G14 (A&B) TBC Year 10 Football (B)	
After School	Homework Club Session 1 – 3:30 – 4:00 Session 2 – 4:15 – 5:00pm (A&B) Fitness (A&B) Year 7 and 8 Football (A&B) Rounders (A&B) Drones & Microbits -G14 (A) TBC Main Band (SINFONIETTA) in S13 (A&B)	Homework Club Session 1 – 3:30 – 4:00 Session 2 – 4:15 – 5:00pm (A&B) Futsal (A&B) Short Tennis (A&B) Athletics (A&B) Chess Club - F11 (A&B) Science Support – G1 (B) Lego Robots – G14 (A&B) TBC	Homework Club Session 1 – 3:30 – 4:00 Session 2 – 4:15 – 5:00pm (A&B) Cricket (A&B) Volleyball (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) Neurological Club - F13 (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.

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