

Mildenhall College Academy



NEWSLETTER



July 2024



Farewell to Year 11 and Year 13

Principal: Miss N Hood

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

Tel: 01638 714645 | Email: MCA-reception@attrust.org.uk | www.mildenhall.attrust.org.uk

Twitter: [@MilCollege](https://twitter.com/MilCollege) | Facebook: [Mildenhall-College-Academy](https://www.facebook.com/Mildenhall-College-Academy)



Dates For Your Diary



Last Day of Term - Friday 19th July

A Level Results Day - Thursday 15th August From 8:45 - MCA6 Forum

Uniform Shop - Thursday 15th August (11am - 2pm)

GCSE Results Day - Thursday 22nd August From 8:45 - Dining Hall

Students Return - Wednesday 4th September

Open Evening - Thursday 26th September

8X Parents' Evening - Thursday 17th October

8Q Parents' Evening - Thursday 24th October

Half Term Break - Monday 28th October - Friday 1st November

Staff Training Day - Monday 4th November

Students Return - Tuesday 5th November

Southwold

Another year and another fantastic trip to Southwold with our current and future MCA⁶ students. We look forward to MCA⁶ enrolment for new Year 12 learners on GCSE results day, **Thursday 22nd August**. All Year 13 learners (current Year 12s) are required to re-enrol to confirm their timetable on **Wednesday 4th September** from 9:30am-12:30pm at MCA⁶.

Timetabled lessons for the Sixth Form will start on **Thursday 5th September from 9:00am**. All learners should attend an assembly in the MCA⁶ lecture theatre at 9:00am on Thursday 5th September where they will receive their timetable.

The MCA⁶ team wishes you all a lovely Summer break.



Welcome

Dear Parents and Carers

As I write my final newsletter welcome I find myself reflecting on my time at Mildenhall College Academy, Mildenhall College, Mildenhall College of Technology. Whilst there are key events that spring to mind it is the smaller more subtle things that I find myself focusing on. Yes, academic outcomes have become stronger and stronger over the years, Ofsted have been and gone (4 times) and judgements secured and we have moved into a brand new building. However, throughout this time what has endured has been the sense of community.



“It takes a village to raise a child” has true meaning and is as relevant today as it was 20 years ago when I joined MCA. An entire community of people must provide for and interact positively with children for those children to experience and grow in a safe and healthy environment.

It is seeing this growth in the many young people who have been part of MCA that has given me so much joy, whether it be the efforts and successes of the sports teams I taught in my early days, the sports day successes and accomplishments, the work experience placements, exam successes, post-16 destinations or quite simply the joy of learning seen in the classroom and through extra-curricular activities, trips and visits. Equally as important (and at times memorable) are the less obvious moments and the more subtle changes, the student who is too shy to speak in Year 7 who stands up in front of parents/carers at Open Evening, the student who receives too many consequences early on, opening a GCSE results envelope and joining MCA⁶ to those who join local clubs and cadet forces and make a positive contribution to the community and who find passions and make memories which will last a life time. School is about so much more than the academic curriculum and whilst this is rightly at the centre of all we are about, memories are made through the experiences we have and the people we make them with. I want every student of MCA to know how amazing they are, how proud they should be and that they can do whatever they aim for as long as they work hard and show kindness. I truly believe this and want every single young person at MCA to know this is what I see in them all.

Whilst I am incredibly sad to be saying goodbye as Principal I am also excited for the future of MCA as it continues to grow and as the building expands further to accommodate more students to be able to benefit from the wonderful curriculum and culture MCA has to offer. I would like to thank the dedicated staff who have offered me their unwavering support and who work so hard and with such passion to provide the very best for all students. I would also like to thank the parents and carers who have supported the academy through events but mostly simply by supporting their child and the academy to ensure everyone can benefit and succeed. Lastly I would like to thank the students, for their passion, humour, determination and kindness, they have made coming to work each day a pleasure and a joy. Mark Twain apparently said “Do what you love and you will never work a day in your life”. I’m not sure how true that is but I have certainly loved every day at MCA.

Finally, I would like to wish everyone a lovely summer break and I wish MCA and everyone within the community the very best for the future.

Best wishes

Work hard; be kind

A handwritten signature in black ink, appearing to read 'N Hood'.

Miss N Hood
Principal

Working together; supporting individuals

Welcome From Mr Oxley

I am incredibly proud to commence my new role as Principal at MCA next September. This year has been a fantastic opportunity for me as Head of Academy, working with the support of Miss Hood, as I have taken charge of the day to day running of the academy. Miss Hood will continue to be an important influence as I embark upon this new and exciting role.



This year has seen many great achievements from our students and brilliant opportunities that have enabled the young people in our academy to develop academically and pastorally. The 'Good' OFSTED grading was a validation of the hard work and culture that we have developed and continued at MCA since our last inspection. This promising report, combined with above average GCSE results in key areas last Summer, gives MCA a firm foundation upon which to develop further excellence.

Our warm and positive culture is built by recognising excellent work and when our students successfully demonstrate the TRAITS. My aim is for all of our young people to feel excited about their learning and experiences at MCA with a sense of pride and belonging. Our community and partnership with parents and carers is more important than ever to provide a consistent and caring working relationship to enable all of our students to thrive as individuals.

As well as looking ahead to next year, I would like to take this opportunity to say thank you and farewell to my colleagues who are leaving. Miss Hood and I wish them all the best in their future endeavours and we are grateful for their contributions:

- Mr Ridley-Hughes from Maths
- Mr Wilkinson from Drama
- Mr McCoig from Maths
- Mrs Percy from English
- Mr Sexton from the BHC Faculty
- Mr Smith from Maths
- Miss Britton our EAL Coordinator
- Mrs Robinson from Maths
- Mr Scully from PE

We will say a warm welcome to our new staff in the Welcome Back letter in September. I wish all of our community members a restful and safe Summer break.

Best Wishes

A handwritten signature in black ink, appearing to be 'J Oxley', written in a cursive style.

Mr J Oxley

London Trip



A group of 30 Year 12 students in the Social Science Faculty travelled down to London for the day for a Legal Tour. The Tour started at the Royal Courts of Justice where our guide spoke to us about the changes to the court system, the slightly strange traditions of the courts and some of the high-profile cases that had recently occurred in the Civil Courts.

The students were told that some barristers could charge up to £3,000 an hour for their work, which led to some very stunned faces in the group. The students got the chance to walk around the Royal Courts of Justice to see the building's beauty. This is when some of the students said that it reminded them of 'Hogwarts' with Barristers and Lawyers frantically running around the building in robes and wigs.

Following this the students had a walking tour through Lincolns Inn where some of the top Barristers in the country practice.

The group then headed to the Old Bailey where they had to queue to get a chance of being in one of the courtrooms.

Unfortunately, it was an extremely busy day for the press and families/victims linked to the offenders and therefore this made access extremely limited. However, despite this the students continued to show respect and positivity throughout the day. As their teacher I was extremely proud of all of them. I had people from the public coming up to me to tell me how impressed they were with the students on the day.

Miss Lavender



On Monday 3rd June, Year 10 had the opportunity to meet Sharon Ament, Director of the Museum of London who, in partnership with Speaker for Schools, came into the academy to share with Year 10 the story of her career and to offer advice to them about the places a humanities qualification could take them.

Sharon shared with Year 10 students that she grew up nearby in Thetford and throughout her life said 'yes' to every opportunity she encountered.

She inspired students by discussing her opportunity to do some research in Antarctica, her job at London Zoo and the Natural History Museum and the celebrities and politicians she has met and worked with in her life.

Sharon shared photos of a range of interesting artefacts that the Museum of London currently holds including 'Fatberg', Daleks and ancient tools.

Year 10 had the opportunity to have a question and answer session with Sharon

after her talk and for half an hour a range of Year 10 students asked Sharon some insightful questions including 'What is the most interesting artefact you have come across?', 'What challenges do you face in your current role?' and asking for advice for anyone interested in curation or museum work.

'It was really eye-opening and made me realise how much I might want to work in a museum myself' - Year 10 Student





On Friday 21st June, some of our Year 10 and 12 students had the opportunity to gain some amazing insight and knowledge from Caroline Gourlay. Caroline is Head of Business Exhibition Sales at Excel London. Working with clients like X factor, Comic Con, International Horse Show and many more.

Caroline took the students on a journey through her educational years and the



different projects and opportunities she took part in.

Caroline explained how they helped her develop, grow and succeed into the career she has now. She also shared her insight into what employers are looking for in potential employees.

Careers Fair at MCA Friday, 27th September 2024

We will be holding our first Careers Fair in our new building on Friday 27th September 2024. We have over 20 local Businesses, 6th form, Colleges and University attending.

Students will have the opportunity to attend the fair throughout the day by year groups.

At 3.30pm we will open it up for parents and carers to attend as well as the local community.

This will give parents and carers an opportunity to talk with local businesses and learn more about 6th form, colleges and apprenticeships.



We look forward to seeing you at our Careers Fair



- more details to follow in early September.



Work Experience Week

From the 1st July to 5th July, our Year 12 students took part in their Work Experience Week.

The students were tasked with finding a placement with a company for one week in order to experience life in the working world. Our Year 12's excelled themselves this year and below you will see some of the placements they secured.

In Samhan's time at Camdenboss Ltd he has efficiently carried out all tasks assigned to the best of his abilities. He has surpassed expectations on some tasks with his open willingness to work and listen to guidance from other team members.

Samhan was thoughtful and was asking relevant questions with genuine interest in assigned tasks. It has been a delight to have someone as polite and respectful as Samhan work with our team.



A very polite young lady with a great willingness to learn and complete any task given. Quite shy to start with and confidence gradually started to grow as the week progressed. Thank you for your effort and hard work Abbie.

Boots the Chemist

Evie was a real credit to your school. The teacher she supported said how helpful and effective she was in supporting the children in class.

Lakenheath Primary School

"Domas spent the week learning about our business from designing and selling our products to delivering them to our customers. We wish Domas every success with his A-level studies and his future plans to study Paramedic Science at University.

We enjoyed having Domas on his work experience with us"

JKH Drainage Units Ltd

I performed the role of Teaching Assistant by helping around the classroom by assisting students, handing out worksheets and marking work. I also worked one on one and in small groups to aid students. I was able to observe numerous different teachers, which allowed me to see many different teaching styles of which I could replicate where appropriate. From my work experience I gained an expanded view of teaching and instantly fell in love with it.

Freya T, Year 12



OSLERS
SOLICITORS



Work Experience Week

KSP Mobility

It was lovely to have Jessie join us at Pine Cones last week in wish to gain understanding and knowledge of a preschool setting. Jessie remained professional throughout her visit, asking questions and seeking support in which to provide the best care to all children.

I enjoyed my placement as it gave me a wide variety of work to complete. I am still not sure on which career pathway that I'd like to take in the future.

Abbie W, Year 12



Ashton worked well with others, completed tasks on time and arrived with an attitude to work hard. We were very pleased with his output. Hope all the best for Ashton in the near future.

RD Casings

"Whiting's have annually given the opportunity for MCA students to attend work experience in our Mildenhall office. We currently have 8 past students of MCA working at our Mildenhall and Bury St. Edmunds Office. Both James and Chloe were a delight to have with us for the week, and their enthusiasm made it a pleasure to teach them what a trainee accountant role entails. In the time here with us they helped prepare some sole trade accounts and personal tax returns. We hope to see them again in the future!"

I worked with the 727AMS Fleet Services on RAF Mildenhall. I did a variety of administrative tasks, and even got to go out to the flight line - supervised at all times. I helped service aircraft, which I learnt a lot from. I had to communicate with a lot of different parties in order to make my placement possible from the RAF Mildenhall Visitor Control Centre (VCC) to the aircrew present on the aircraft. I also worked in the wash area, and I really enjoyed it. The team said I did a good job and they even offered me a job there when I turned 18.

Overall, I feel I learned a lot from my placement and really enjoyed it. It showed me what it was like to work in aviation, which was useful as this is an industry I want to work in in the future.

Ryan C, Year 12

"Both Hannah and Alex integrated with the team very well, discussing with other members of the team about features and processes. Both were punctual and polite. Hannah was a very quick learner, quick to understand concepts and confident in speaking about her final concept design and answering questions during our meeting. This is an essential skill to have at work. Alex was not afraid to ask me to explain again. This is a great attribute to have, nobody knows everything and asking the right questions will go a long way. He was also confident in speaking and straight to the point."

Camden Boss



Duke of Edinburgh

During the weekend of Saturday 22nd- Sunday 23rd of June the Duke of Edinburgh Bronze students embarked on their expedition. This was a two day and one night expedition that started off around the Culford area on the Saturday morning. All students arrived full of enthusiasm and prepared to take on the weekend. The first day was the longest day of the two walks with the four D of E groups walking a total of just over 20km across a variety of terrains with their heavy backpacks which made the walk a lot more difficult for them. Using their navigational skills, the groups managed to make it to the final checkpoint of the first day which was at Thorpe Woodlands campsite which is where they stayed for the evening.

During the evening the students worked together well to put up their tents and cook dinner together. Within this a variety of meals were made, which included chicken drumsticks and rice, pot noodles and bacon sandwiches. Jacob Watkins also managed to light the campfire much to his delight. Lights were out at 10 due to an early morning start the next day. On Sunday, the students managed to get up and ready as well as pack away their tents in time to leave camp by 8am which was very good going. The first checkpoint was by the A11 where Mr Waterson walked all the groups across safely, the groups got there in good time and showed good teamwork in doing so. After this some of the groups started to struggle with the aches and pains that come from doing the expeditions and the heat which wasn't helping which meant the students had to take on more water and more resting periods. Nevertheless, the students did not let this stop them with all groups managing to finish the expedition successfully at Croxton Village hall by Sunday afternoon,

one way or another! The walk on Sunday was 18km meaning they had walked total of 38km over the weekend (approx 23.6 miles), massive congratulations to all involved!



Congratulations to our Duke of Edinburgh participants.



Last year, the both of us took on the role of Year 12 prefect which has pushed us to become next year's Head Girl and Head Girl of Sixth Form.

Although less traditional to have two Head Girls instead of a Head Boy, we are beyond excited to share our ideas and plans to make MCA⁶ the best it can be!

We both possess a very strong work ethic and work well with each other, alongside other students, to ensure that the Sixth Form is a great place for not only all the students but the staff too. Thinking ahead to our Midsummer Ball at the end of Year 13, we have begun to plan fundraisers and we appreciate any support from students, teachers and parents/carers.

We are both very grateful for the opportunity to be Head Girl and excited for the year to come!

Charley Cobbold and Evie Beale



A-level Geography Trip to Southwold 26th -27th June 2024

On the 26th, physical studies of Southwold beach were conducted (with the challenge of an incoming tide), such as beach profiles to measure the beach's gradient which allows us to determine the wave types present and groyne measurements which permit us to evaluate their effectiveness by viewing how much sediment is prevented from moving laterally by littoral/ longshore drift. Moreover, other sea defences such as rock armour and the sea wall were evaluated, comparing how effective they are to build and maintenance costs. Furthermore, classic fish & chips and ice-cream were purchased by both students and staff before we headed home.

Day 2 was equally as successful during human studies which included holiday home surveys, gentrification surveys, demographic measurements and more. These show us the town's use, which is widely regarded as a holiday town with many homes being used as holiday homes/ second homes, making the area quite heavily gentrified. Moreover, the effect of the Adnam's brewery on Southwold was surveyed due to it's large influence on the local culture. Once again, fish, chips and ice-cream were purchased by us following the data collection and we enjoyed the pier's attractions alongside a heated game of mini-golf.



Year 10 Battlefields Trip



On Sunday 16th June a group of 56 Year 10 MCA students went on a trip to the First World War battlefields. During our three days we visited many sights on both the Somme in France and the Ypres Salient in Belgium.

we learn about the First World War next year in Year 11 and I would recommend anyone choosing history next year to take the opportunity to go on this amazing trip.

Samantha Norton, Year 10

My favourite cemetery was Lijssenthoek which was part of a large hospital complex during the war. We moved around the huge cemetery and learnt about the lives of a variety of individual soldiers buried there. It helped me realise that every name and grave we saw on the trip was an actual person whose life needs to be remembered.



As well as many cemeteries, we visited a variety of other places linked to the war, such as Talbot House and the original trenches at Sanctuary Wood. This was a real eye opener to the conditions soldiers had to live in during the war.



The accommodation we got to stay in was great. It was brilliant to see our very own memorial to the Christmas Truce that MCA students designed and built outside the front of the Peace Village.



At the end of our tour we had a moment to reflect, thank and commemorate a soldier at Hooze Crater cemetery. Two of our students, along with Mr Smith, represented our academy at the Last Post ceremony at the Menin Gate where they laid a new biodegradable wreath on our behalf. This trip will help me with my GCSEs when



Chess Club

This half-term at Chess Club, we have been so busy doing a wide range of chess related activities, the highlight of which was a tournament that we held a few weeks ago. It was very well attended and it was a tense competition.

The winner was Maximilian Kuckelhaus, who won some very cool prizes.

We have recently been offering sessions to some of our new Year 7's, by running our club at both of the Year 6 Transition Days, which was also received very well by the new students, who we hope to see at our proper sessions in September.

We also have some more details about our new chess.com area! We plan to start online operations in September, and more information will be sent to interested students in due course.

Our actual meetings currently run every Tuesday after school in Room F11, or Tuesday lunchtime in Room SW13 at MCA6. We are always looking to welcome new faces to the game, so if you are interested, feel free to join us!

Ryan Crowe, Year 12



MCA⁶ Visitor

MCA⁶ were delighted to invite former student Alex Endean to run our Year 12 assembly yesterday. Alex discussed his experience of A-Levels, University options, balancing study with fun and making the most of opportunities in life!



Space Camp



On week commencing the 1st of July, Dr. Hobbs took a group of Year 11 students and 1 Year 10 to Space Camp- a weeklong non-residential course held at the Institute of Astronomy at The University of Cambridge (MCA joined 4 other schools participating in the Space Camp programme). Each day would be full of workshops and talks by some of the leading experts in the field of Astronomy.

Day One:

After settling in and getting our goodie-bags for the week, we were taken on a tour of The Mullard Radio Astronomy Observatory and a look through time at the development of radio telescopes and seeing them in operation. We all got to press lots of buttons.

Day Two:

Day 2 saw the Space Camp crew building their own cloud chambers (so we can see alpha and beta particles). We also got to play with dry ice (in a safe way). Then the students got hands on with some meteorites.

Day Three:

Today the students have been making their own telescopes based on how Galileo would have made his first telescope. We also visited the University of Cambridge observatory but it was a bit too cloudy to observe the sun though.

The students had a talk about exoplanets and built their own hand held spectroscopes using a CD disc. Then the fun maths bit, they had to estimate the number of advanced civilizations likely to exist in the Milky Way galaxy Using the Drake equation - which came out as a very very small number.

After lunch students were then given a talk on the James Webb telescope and got to see themselves in IR using an IR imager followed by a bit of team building to build a small replica of the James Webb telescope. Every day the students worked on projects implementing a disaster management programme based on 3 potential scenarios: space weather, climate change or impact earth.

The last day saw students work with Mission Astro's Dr. Sarah Crick, where the students learnt about rockets and making our own starshade out of paper.

The week ended with presentations given by the MCA students in front of the other school groups, organisers and parents/carers of their project that they had been working on all week.

Team Terraklam (Lucy Pinnell, Kieron McMahan, Maciej Klasztor and Alexander Basil) gave a wonderful presentation on Solar Storm Migration how they would escape earth that is facing a massive solar storm that would knock out all power on earth.

Space Camp



Team Terraklam

The second team from MCA was Team I.N.S.I.G.H.T (Sebastian Mugabe, Christian Battle II, Harrison Bailey and Christopher Mathew) with Project Genesis- their scenario was an asteroid the size of Texas will impact Earth and they had to find a way to deflect the asteroid and also come up with a location to relocate humankind to. No small task for either team. They applied the science they had learned all week to come up with some great ideas and they all performed well under pressure. The Space Academy and I were really impressed with their presentations and their performance all week.



Team I.N.S.I.G.H.T

Everyone received a goody bag and certificate and astronaut patch of their week long mission. The students received lectures from some of the top researchers in their fields, took part in workshops to learn science and then to apply that knowledge to solve problems, they experienced what it was like to move in an almost weightless environment by going scuba diving and then gave a presentation in front of an audience. Space Camp was funded by UK Space

Agency, National Space Academy- Space to Learn programme, Space Academy UK, Institute of Astronomy and University of Cambridge.

Thanks must also go to Louise Wyatt- our science lab technician at MCA who drove us with the MCA minibus into Cambridge every morning then picked us up every afternoon.



Sixth Form Midsummer Ball



Year 11 Prom



Music Faculty

On 15th June some of our musicians were invited to perform at The Cambridge Junction with our ex-student Steven Yallop.

They were amazing and the audience were stunned by their confident performances.

Students who took part:

Alysha Ealy-Speares

Ruby Hammond

Gracie Priest

Tamara Essombe

Charlie Ribbon

Orlando Miceli

Ashley Bell



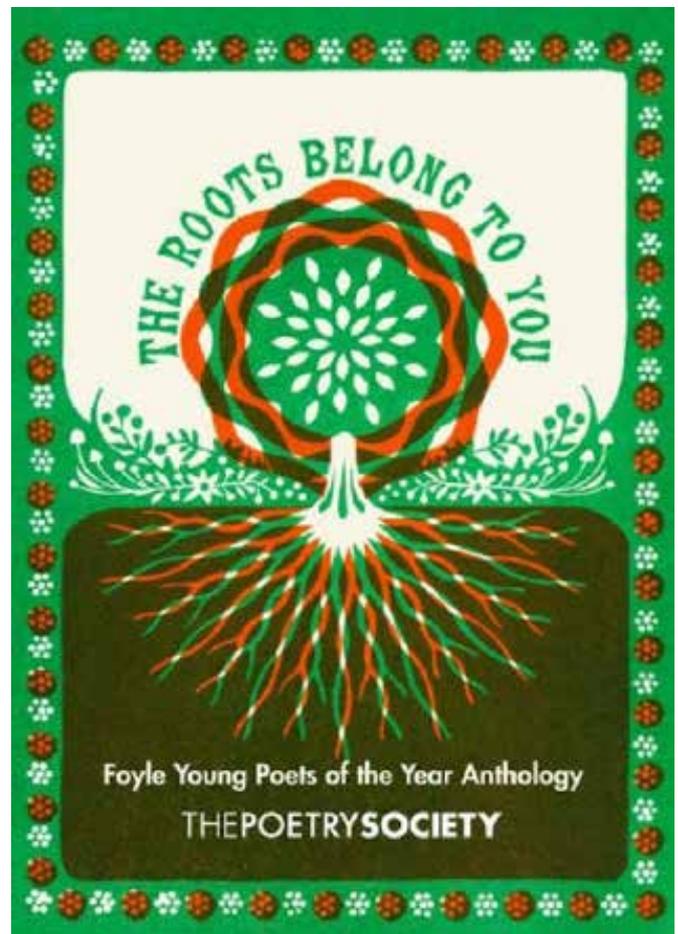
Reading Award

Our top reader since badges have been awarded is Kaitlyn Fuller (46 books). Shammah Sayidi is in second place and hot on her heels with 42 books. Third place goes to Kai Wilkie with 35 books.

We have also been running a poetry competition and look forward to announcing the winners when we return to the academy in September.

We had a very successful candidate from Mildenhall College Academy, Stefan Jinga, who was one of the top 85 commended poets for 2021. A total of almost 14,500 poems were entered.

His poem was printed in the Foyle Young Poets of the Year Anthology - 'Some Sort Of Joy'.

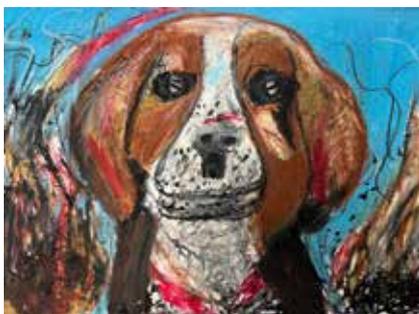
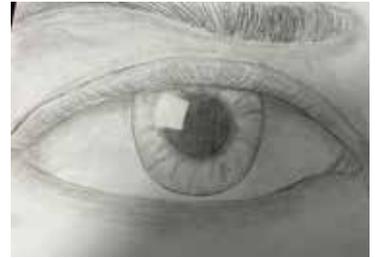
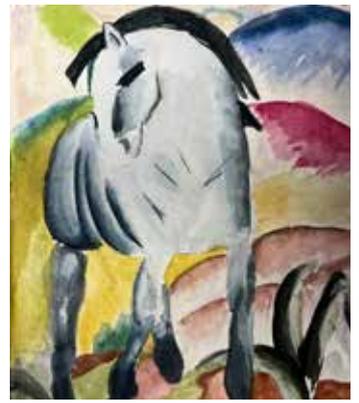


News From the Art Faculty

The Art Teachers at MCA are beaming with pride at the exceptional work produced by our students this last academic year who have been diving into the world of animals and creatures, exploring the depths of the sea, and delving into the intricacies of identity through their artwork.

As we wrap up this academic year, we look forward to seeing the incredible artwork that awaits us in the future. With such a strong foundation and a wealth of talent, we look forward to witnessing even more amazing creations from our students in the years to come.

Miss Moles-Smith



Ambitious@MCA

NeuroLogical Club



Celebrating students with neurodiversity, the club has had an excellent year of success in helping spread the word and raise awareness amongst students and staff.

In December, students created slides for a week of Morning Meetings, with each day covering a range of Neurodiversity, including challenges, strengths, and an introduction to some famous faces.

During March, students took to the Library to spend a week running stalls and activities to help celebrate Neurodiversity Celebration Week.

As a grand finale to our year, three representatives of the club attended the Academy's PD day, talking directly to staff about the challenges of being Neurodiverse in a school environment.

Miss Bird and Mr Haden would like to

thank all those students who have attended throughout the year and put in the hard work to make the academy a Neurodiversity friendly space.

We look forward to continuing to work with students next year, and welcoming new members too!



News From the Music Faculty

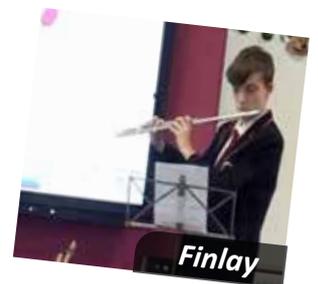


On the 11th of July, the students from Main Band and Year 7 Band put on a mini summer concert for students of the neurodiversity club.

The concert was in celebration of the students dedication, commitment and love of music. Whilst it was a short programme, it was packed full of professional, polished and musical performances which everyone enjoyed. Year 11 leaver Evelyn Merrett returned to us as a special guest to sing “Dear Theodosia” from Hamilton.

A special mention also to Isabella Flack for being our concert manager, hostess, videographer and programme designer. Well done to all.

Mrs Wright



Programme:

Razza Sazza – Year 7 Band

(Lilly Gadsby, Anthony White, Soraya Mazezy and Kaiden Hoskins)

Somewhere Only We know

Tobie Howell (Year 7)

Slither

Zack Stanford (Year 8)

Smoke On The Water

Alex Mower (Year 9) and friends

Sealed Vessel

Ben Kerry-Jefferies (Year 8)

Theme from Berceuse

Finley Smith (Year 9)

Clair de Lune

AW (Year 9)

Man I Feel Like a Woman

Alysha Ealy-Speare (Year 10)

Pure Imagination

Jaden Mosley (Year 8)

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 timetabled 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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Cricket Leadership



Our leaders headed to Mildenhall Cricket Club for the U11 Boys Cricket competition. Some of our students supported this event last year but were joined by some new leaders this year, which was great to see! The sun was shining and we were looking forward to a fun afternoon. Our leaders umpired each of the games, showing good communication, teamwork and confidence. The students overcame any problems they faced with maturity and respect. Our leaders were also able to provide some coaching opportunities to some of the cricket teams when they were on a rest period from playing. This was lovely to see. Our leaders have had a brilliant year supporting a variety of different events. Every event they have supported they make MCA so proud. We cannot thank you enough. You are all superstars!

U13 Girls Rounders

The U13 girls travelled to Ormiston Sudbury Academy to take part in a tournament against Finborough, Thurston and OSA. The captain for today was Ivona Gorolova and she won the rock, paper scissors and decided to field first. The girls displayed some good fielding, especially Erin Bailey's passes as a backstop, to Anna Dwyer on

2nd base. However, a very well drilled Finborough team scored 8 rounders, as they had some great batters. When the team swapped over from fielding to batting, they knew they had some work to do. Some excellent batting from Gracie-Mai Lloyd and Abby Bosomworth scored us a rounder each. At the end of this game MCA had 3 rounders and Finborough had 8, therefore we unfortunately lost our first game. The team did not let this get them down however, and they went in with determination for their second game, against OSA. We batted first this game and scored an impressive 4 rounders, one coming from Erin Bailey and Ivona Gorolova this time. We then swapped over to field, but with an unfortunate call from the umpire for obstruction, and some strong batting from OSA, they scored 5 rounders and just beat MCA! The last game against Thurston the team won the rock paper scissors again and fielded first. This game was the teams best display of fielding of the day.

Evie Byrne showed excellent dedication, chasing balls, throwing them to second base and catching the ball to get the batter out. So did our bowler Gracie-Mai Lloyd, who caught the batter out with an excellent catch! This meant Thurston scored 4 rounders. When switching over to batting, we had an excellent rounder from Evie Byrne who hit it incredibly far! The same was shown by Abby Bosomworth who again scored another excellent rounder! At the end of this game, MCA also had 4 rounders therefore we had a draw! Overall the team showed excellent determination throughout, despite the losses they displayed excellent teamwork skills and should be incredibly proud of how they did at the tournament.

U12 Girls Rounders

The U12 girls travelled to Ormiston Sudbury Academy to take part in a rounders tournament against Stowupland, OSA and County High. This was the groups first ever rounders fixture so the girls were very excited and eager to get going! This eagerness was displayed in our first game where they showed great fielding skills, getting 5 players on the batting team out! Soraya Mazey displayed excellent bowling skills and gave away no rounders due to her accuracy. The MCA team also scored 2 and a half rounders which was excellent, especially considering the nerves of the first game! In the end MCA won 2 and a half to 1 rounders against Stowupland – a great start. The second game was against OSA.

We batted first in this game and managed to score 2 and half rounders again. Unfortunately, OSA batted exceptionally well to score 7 rounders, and this was despite Ella Brewer making an excellent catch to get a player out! This game ended up a loss for MCA, 7 to 2 and a half rounders.

The last game for MCA was against County High. This time we had Ellecia Paflin as bowler, who made an amazing diving catch and got a batter out! The opposition scored 7 rounders by the end and then we swapped over.

The MCA batting team put their all in, giving encouragement to their teammates and this meant they managed to score 3 rounders – our best result of the day! However, this wasn't quite enough to beat the opposition, so MCA lost 7-3. For some, this was their first ever MCA fixture and they showed excellent teamwork, support and encouragement.

U14 Boys Cricket



On Thursday 6th June 2024, the U14 boys cricket team headed to Woolpit cricket club for a full day tournament. Once we arrived, we were straight into playing St John Leman, Ben Cross won the toss and decided to bat first. Ben opened the batting with Dexter Bone. Dexter was first out after a strong first partnership. Henry Edwards was next up and was solid in the bat, hitting a boundary and racking up the run total for the team. Ben Cross then retired at 50 runs, which saw Leo Park come in with Henry.

Both had a strong partnership, staying in for the majority of the remaining overs. Mildenhall hit 130 runs from 14 overs, which was a lot for St John Leman to chase. Mildenhall then fielded and bowled very well. With the speed of Ben and Dexter's bowling, along with the spin from Ryan Foster, saw St John Leman struggle to get a consistent number of runs. Henry managed to get a couple of wickets with his accurate bowling, as well as Saul Andrews catching a few. Leo Park was strong as wicket keeper, facing some fast bowls, but concentrated well. St John Leman failed to reach the run target of 130, only hitting 81 from 14 overs. Mildenhall won the first game 130 – 81.

The second game was straight after, against Newmarket. This time Ben lost the toss, where Newmarket decided to bowl first. Ben and Dexter were first up again, however due to some miscommunication, Dexter was run out early on. Ben stayed in again to retire at 52 runs. Mildenhall struggled to find their swing this game, from some very good bowling from Newmarket keeping MCA at bay who could only hit 1s and 2s.

85 was the final total that Newmarket had to reach. The game was a lot closer, going all the way to the wire. Ben again bowled very well, along with Henry and Dexter getting some wickets for MCA. Joshua Langley, Ewan Johnson and Ethan Neville all fielded well on the boundaries, keeping Newmarket's run tally low. The game went to the last innings, with Newmarket needing 10 runs from the last 6 balls. Again, Leo bowled well, getting a wicket on the second ball. Newmarket then needed 4 runs from 4 balls, however Leo was consistent and ended up keeping Newmarket at bay. MCA won 85-84 in the second game.

The lads were an absolute pleasure to have for the day, and represented the academy in a great manner, showing good leadership, communication and resilience throughout the day to win both of their games. This means the boys are now through to finals day, so well done to everyone who participated.

U15 Rounders

The U15 girls travelled to Sudbury to play their rounders league fixtures. Even with the weather looking ominous, we were raring to go! Our first game was against Sudbury and after a great rock, paper, scissors win we went into field first. Some really good bowling from Mazie Day made it difficult for the batters. At times a few mis-

fielded throws, led to half and full rounders being scored. However, some fantastic encouragement kept everyone going.



Eloise Nobile showed good teamwork to get the ball back to the bowler's box each time, to prevent the batters running. MCA were settling into the game finishing this innings conceding 6 rounders. It was our time to bat. Each of the girls came up to the batting box and gave it their all, scoring 2 rounders in total. The overall score ended 6-2 to Sudbury. Our second game was against St Benedicts and after a good team talk from the first game, we set out to get the win. We started in field again and showed great communication and confidence. Our fielding was very strong throughout.

Some excellent throws from Beau Parrott and Summer Palfrey supported stumping further players out. In this innings MCA managed to get 8 of their 9 players out, and it was brilliant to see. We went into bat having held St Benedicts to 4 ½ rounders. Tania Speed and Nicole Nunes made great contact with the ball to get points on the board. Unfortunately for us, St Benedicts showed great fielding and held us to only 2 rounders, with the score ending 4 ½ -2 to St Benedicts. Overall, it was an enjoyable afternoon and the girls showed great camaraderie and we laughed all the way home!

U13 Cricket

The U13 Cricket team played at Mildenhall Cricket Club to play their Chance 2 Cricket tournament. MCA lost the toss and started the first game fielding. Max Rutter started MCA's bowling with 6 well placed balls leaving Newmarket on 0 runs. Our first wicket was in the 5th over by Sean Doyle who then got another of the Newmarket players out with some impressive spin bowling. In the 7th over Maximilian Kuckelhaus stepped up to bowl, in his 6 balls he got 2 wickets and forced 2 catches finishing the innings. MCA then stepped up to bat with Ethan Neville and Sam Edwards opening the innings. In the inning MCA batted well with boundaries coming from Sam Edwards and Sean Doyle. After the 7 overs the score was 52-49 to Newmarket. In the second game MCA batted first with Charlie Swift and Sean Doyle opening.

MCA batted well seeing out all the overs with only 5 batters getting out with each scoring double digits in runs, With Ethan Neville scoring the highest number of runs for the day. MCA finished their innings with 80 runs in total. When MCA started fielding Max Rutter and Sean Doyle got a wicket each from the first 2 overs and Alfie Johnston getting 2 wickets in the 3rd, giving MCA a strong start. Later wickets came from Ethan Neville and Alfie Bassett who bowled the final ball to bowl out the other team. The second game finished 80-69 to MCA. All of the boys showed excellent teamwork, resilience and sportsmanship throughout the whole day. They have done themselves and MCA proud.

U14 Super 8 Athletics

The U14 students headed to the West Suffolk Arena for their Super 8's competition. The boys headed off to do their field events whilst the girls went to the track.

The 100m was completed by Peyton Strike, Ana Figueiredo Da Costa, Eden Benion and Marika Wegrzyn, who finished the event with a win.



Henry Edwards and Ben Cross were competing in the long jump at this time. Henry managed a best jump of 4.49m, whilst Ben jumped 4.60m on his last attempt. Morgan Linge and Riley Rogers competed in the high jump, something they had not tried before! Both performed well and scored MCA valuable points. The girls 1500m race began, with Isla Beale and Dan Whalley representing in this. Both girls gave it all their effort and managed to finish with a smile on their faces and a wave to the camera on the way round. Aedan Bennett and Joshua Langley competed in the shot put. Max Pearson and Mikolaj Poplawski represented MCA in the Javelin. Scarlett Hickman and Liv Faley were next on track for the 300m. Liv managed an excellent 2nd place in her race, showing fantastic technique. It was now time for the second rotation, with the boys moving onto the track and the girls into the field. The 100m was taken on by Joshua Langley, Mikolaj Poplawski, Max Pearson and Henry Edwards - who came second with a time of 12.52. Peyton and Scarlett took to the long jump, with Marika and Liv moving to the high jump. The boys 1500m was

completed by Morgan and Riley, both giving it their best efforts. Eden and Ana threw the shot put and secured solid distances. Isla and Dan represented in the javelin, with conditions becoming a little windy. The 300m was next up on track for the boys, with Aedan Bennett setting out before Ben Cross. The day finished with the Medley Relay which is always enjoyable and exciting. Both teams showed fantastic teamwork and determination, with some standout legs to get us back into contention. It was a fun afternoon and MCA showed grit and determination throughout.

U13 Super 8 Athletics



The U13 athletics team travelled to West Suffolk Arena to compete in their super 8 athletics competition. The competition started with the girls going off to do their track events and the boys to do their field events. The girls 100m was completed by Abby Bosomworth, Holly Bosley, Ivona Gorolova and Aaliyah Ayres. All the girls ran well and placed respectfully within their individual races, with impressive times of 15.09s for Ivona and 15.56s for Holly. The next field events were the 300m races for the girls with standout performances from Grace Double and Ivona finishing the race with times of 54.4s and 53.38s. Erin Bailey and Evie Bryne then competed in the 1500m

race and finished with their heads held high after giving their best.

While the girls were on the track the boys were competing in their field events, Kaden Heffer and Ethan Neville took part in the high jump, Sam Edwards and Oliver Gray took part in the long jump, Joseph Alaxander and Ben Horrex took part in the shotput and Charlie Bennett and Callum Clarke took part in the javelin. All the boys gave it their all and helped score valuable points for MCA. A stand out performance from Kaden Heffer who took part in the high jump after not doing this before and managing to clear all his jumps. It was then time for the teams to swap and the boys went onto the track and the girls onto the field events. The 100m was entered by Charlie, Oliver, Joseph and Ethan. Charlie stood out here coming 3rd in his race with a time of 13.01s. Ben and Sam then in the 300m races and Kaden and Callum competed in the 1500m race. The girls then took to the field events with Ivona and Holly competing in the long jump, Grace and Aaliyah competing in the high jump, Abby and Aaliyah competing in the shot put and Erin and Evie competing in the Javelin. Like the boys, all the girls helped score valuable points and give it their best with many being new to the events. The day finished with the girls and the boys medley relay races with both teams showing real resilience and teamwork to keep pushing during the race.

A special mention to the girls who had to step up to compete in multiple events during the day due to being a member down. They did this without hesitation, and all gave a good account of themselves. Well done by all!

U15 Cricket



On Thursday 20th June the U15 cricket team competed in a cricket tournament at Bury St Edmunds Cricket Club. On the day, 5 teams arrived and MCA were the only team who managed to play against everyone which is fantastic as it gave the team plenty of game time. The first game was against Newmarket who won the toss and chose to bat first. Their first two batters batted well and consistently throughout the entire innings, with both managing to last the full 12 overs. However, consistent bowling from Ben Cross, Dexter Bone and Henry Edwards kept them on their toes and good fielding from Jacob Watkins helped prevent a few 4's from being scored with them scoring 76 off 12 overs. It was then MCA's turn to bat with Ben Cross and Zach Gibbins starting. Both also managed to stay in bat throughout the entire innings, however, due to Ben and Zach's abilities to hit plenty of 4's and 6's, this got MCA's batting score up quickly, reaching 77 runs off just 8 overs meaning MCA had won their first game. The second game was against a much tougher Sybil Andrews. MCA started off in bat and got off to a solid start of 79 runs off 12 overs. This time the runs did not come as easily for MCA, with a lot of quick 1's being taken to

help build up the score. Zach got the highest amount of runs this game with a total of 33. Sybil started off in bat well scoring 14 runs off their first over. Dexter Bone then stepped up to bowl and managed to get 3 wickets in 2 overs which helped slow Sybil's scoring down. Into the last over and Sybil needed 14 runs to win, which thankfully to MCA proved too much as they just managed to score 7 in the last over giving MCA the victory 79-73.

Going into the third game, spirits were up and the boys were feeling confident. Unfortunately, this time they came undone by a strong County Upper team who managed to keep our runs down to 39 which they caught within 8 overs. Going into the last game we were against KEGs, this was just a quick 5 over game as that was all we had time for. MCA batted first and a few 6's from Ben Cross helped MCA to 39 runs, a very respectable score. Then KEGs stepped up with some very good, tactical batting and managed to beat our score with just 1 over remaining in the end. Overall, the team had a great day out getting in a lot of good cricket showing some really good batting, bowling and teamwork whilst fielding which meant it was enjoyed by all.

U14 Touch Rugby Finals

The U14 Touch Team headed off at an early 6am, to make their way to Sixways Stadium in Worcester. They had qualified for the Touch Rugby Finals Day, where 30 teams were to compete for the chance to play at Twickenham. On arrival, the sun was shining, and it was looking like a glorious day. The location was brilliant, with inflatable activities set up for the students to enjoy. The competition started swiftly with MCA playing the first game in Round 1 against Wyvern Academy.

Sport

MCA started with confidence and made some good plays to work towards the try line. However, Wyvern were quick on defence and managed to overturn the ball a number of times, leading to their tries being scored. The game ended 4-0 to Wyvern, with MCA learning a lot about the way they play. After a motivational team talk and taking on fluids MCA headed into their second game against Tupton Hall.



MCA were quick out the gates and scored a brilliant try through clean passes from Marika Wegrzyn and Will Peachey. MCA kept up the pressure and the second try came their way after a kick and chase by Harry Seaforth and Max Pearson. Tupton Hall tried to make a come back, scoring a try before full time, but MCA held out and took the win 2-1, a brilliant improvement on the last game! Our final game of Round 1 was against Eastbourne Academy. This team was quick and MCA needed to stay focused, to stop their attacks. We continued our high standards and came away with the draw 1-1. These results meant we came second in our pool! Moving on to Round 2, the temperatures were soaring. We started the first game of Round 2 with a 1-1 draw. Eden Benion showed strong leadership in the centre of our line, supporting the tactics of the game. Moving into our second game, we struggled a little with gaps opening up in our defensive line allowing the opposition into score. However, Liv Faley was showing

excellent speed trying to attack down the line. The result of this was 6-1. Our next two games were played inside the Sixways Stadium which the students found was a great experience. In our third game, we held a high intensity, and Mikolaj Poplawski provided some excellent cover at the back in defence.

A great run up the middle from Marika Wegrzyn almost gave Dino Christopoulos a scoring opportunity. But some quick reactions from the opposition prevented this move. Unfortunately, this game ended 2-0. Our final game was against a team from Wales. MCA were motivated to end on a high. We started in attack and supplied the ball quickly down the line aiming for our wing players. The opposition were quick in interceptions, which led to some quick tries. However, Marika and Dino again working together led to a brilliant try for MCA to keep us in contention. MCA kept fighting until the end but the result ended in a 5-1 loss. Overall, we had a brilliant day and it was excellent to see MCA represented so well by our squad. The progress the team has made over the past few months is excellent. Thank you for your efforts and well done on your performance in this tournament.



U12 Super 8 Athletics

On Monday the 24th June, it was the year 7's turn to take part in the West Suffolk athletics event in Bury. MCA took two teams, one boys' team and one girls' team which both consisted of 8 students.



The boys day started off with the fielding events, here they did either high jump, long jump, shot put or javelin. Two students completed each event. The standout performances here included Ka'mari Jones-Clarke and Max Rutter in the javelin who both managed to throw 21 metres plus and both made it into the top 5 out of 30 other students. Oliver Wells also put in a good performance in the shot put, with Ashton Sharwood holding his own and lasting until the later rounds of the high jump. Next up were the track events, here the boys got off to a blistering start with all four of MCA's boys coming in the top 3 of their races: Sam Kempa- 3rd, Oliver Wells- 2nd, Reggie White- 2nd and Ka'mari Jones-Clarke - 1st! This was a great start and the boys showed great teamwork by cheering on each other in their races. Next up was the 200m, Oliver-James Geen was the standout performer here coming a respectable 4th in his race. During the 800m, Max Rutter knew he had a good chance of doing well, and after seeing a few of the boys go off too quickly, he decided to hold back in 5th, with one lap left he put in a big effort and got to 1st, which he

held onto until the last 50m and ended up coming 2nd which was a brilliant result and one of the standout performances of the day. Lastly, the boys completed the medley relay, and put in a good performance despite being placed in a tough heat and came in at a respectable 5th place. The girls started off with their track events, with Mia Hymus coming 2nd in her race!

Next we had Ellecia Paflin and Jess Dowson compete in the 200m – both girls came third in their heats which again is fantastic. We had 800m next. In the heat of the day both girls did excellently and pushed themselves to the finish line in a quick time.

Next the girls moved on to their track events – Lola Tucker and Jess Dowson performed excellently in the high jump, jumping 1.5m. Others performed in shot put, long jump and javelin, which was a great and new experience for some of the girls.

Finally, in the medley relay the girls did themselves proud by working as a team, cheering each other on. They came 5th which was a fantastic finish thanks to Ellecia Paflin overtaking another runner on the final stretch of the race.

Overall, both teams showed great resilience on what was a very tough, hot day and did MCA proud by putting in some great performances!



Follow the PE Faculty on twitter
@MilPEdept

Leadership

Our leaders headed to St Mary's to support with their sports day. A number of our leaders were previous students of St. Mary's and started by warming all of Year 5 and 6 students up to some music, star jumps, heel flicks and air guitars. The leaders supported in a range of events from hurdles, to sprints, to nerf throws. It was lovely to see the interactions between MCA students and the younger students, many of whom will be coming up to MCA next year. At the end of the day there was the opportunity for an MCA race. As with all events, our MCA leaders did us proud! Thank you for your hard work and support.

Leadership Training



11 of our leaders had the opportunity to complete a workshop with Active Suffolk at KEGs. This involved games, officiating in sport and careers in sport. They had the opportunity to create their own games and practice their officiating skills. They got to see how wide the range of career opportunities are in sport – many coming as a surprise! They were rewarded with leadership goody bags. We look forward to these students taking on our leadership activities next year.

U14 Boys Cricket County Finals

On Monday 8th July the U14 boys travelled back to Woolpit Cricket club to play in the

County Finals, having qualified earlier in the term. We started by playing our semi-final against Hartismere. MCA won the toss and decided to bat first. The boys batted well, with a number of players having a chance to bat. MCA set a target of 142 runs. MCA then bowled, with some quick and accurate bowling making it difficult for Hartismere to make many runs. Dexter Bone was bowling exceptionally, making a hatrick of wickets in one over, earning the match ball at the end. Hartismere struggled to get into any sort of rhythm with their batting, falling short of MCA's run total, reaching 56 runs. This meant MCA reached the final, where they would play East Bergholt. Again, MCA won the toss and chose to bat first. Ben and Zach opened the batting again. The runs started slow, but steady for the first few balls. Zach was unfortunately bowled out after making 20+ runs. Charlie Butler and Dexter both had successful innings, batting very sensibly. This helped Ben stay in for the whole 18 overs, reaching a total of 89 runs. MCA set another high total of 147. East Bergholt had won their semi-final catching their opponent's total of 76 in 12 overs. MCA bowled very well again, making it hard for East Bergholt to score many runs and hit many boundaries. Henry Edwards was bowling and fielding very well and consistently. 147 seemed just too much for East Bergholt to reach, only getting a total of 95 runs. **MCA came away County Winners of Suffolk cricket!** Every student represented the academy in a great manner, playing some brilliant cricket throughout the day.





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

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

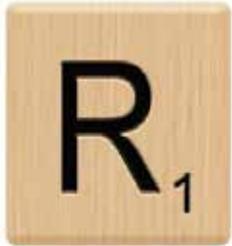
HOME LEARNING IS AN IMPORTANT PART OF YOUR LEARNING AND IS PART OF THE MCA WAY

- 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



Teamworkers

Together Everyone Achieves More.



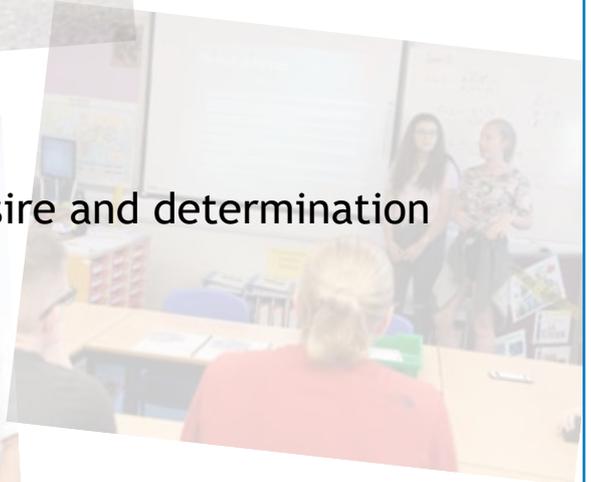
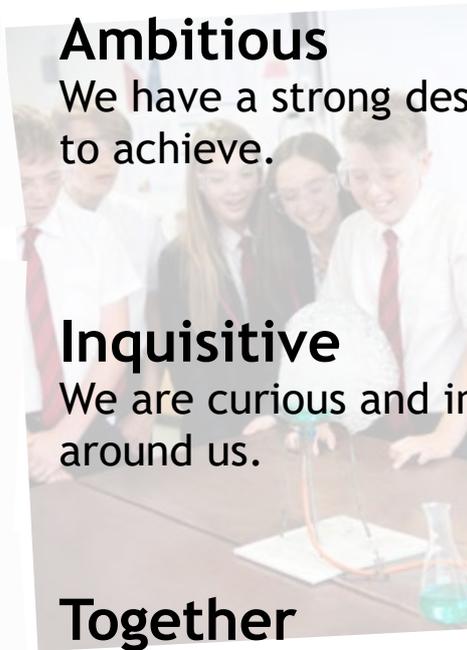
Resilient

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.



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