

October 2024



'Aladdin' Cast

Principal: Mr J Oxley

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Welcome

Dear Parents and Carers

It has been a highly pleasing first half term at MCA. It has also been a long half term as well! I am so proud of the hard work and resilience shown by our young people over the past eight weeks. There are so many achievements and opportunities to celebrate and this first newsletter of the year is testament to that. Hard work pays off and we deserve a well-earned rest - students, teachers, support staff and last but not least, parents and carers. I appreciate how much work is needed at home to ensure that children and teenagers are ready for school and supported throughout. The strong start this term has largely been due to the fact that students arrived well-prepared and ready after the Summer break.



This first half term has been a period of 'firsts' and new beginnings at MCA. We have our new Year 7s who are an amazing new addition to our community. So many colleagues have commented on how well they have integrated themselves into our 'vertical' Morning Meeting groups with many older peers to socialise with. A series of induction assemblies have further guided our new cohort into our warm;strict culture with the MCA Way and our TRAITS being extolled. This is the first time that we have offered a series of Year 7 specific assemblies and I am delighted with the response and progress shown by our students. A record number of positive events have been recorded by teachers to celebrate and acknowledge the hard work from the Year 7 students.

The new Year 11 hybrid Morning Meeting and Master Class routines have started exceedingly well. The Year 11s have been enthusiastically engaged with our bespoke lectures and activities covering our core subjects and options during this first half term. The Year 11s continue to be valued members of each Morning Meeting group and their influence and support of younger students has no doubt improved our standards and maintained a positive culture. I am pleased that students have been so punctual and attentive during our Morning Meetings. The start of the day is an excellent opportunity to ensure that all of our young people are ready to learn with equipment and uniform issues sorted. There have been a number of important pastoral and literacy interventions taking place during this morning period and it is fantastic to see staff and MCA⁶ students supporting a number of younger and EAL students with reading and literacy work.

It has very much been my desire to reconnect MCA with the local community and It has been fantastic to see so many new events taking place so that we can strengthen our Academy-Home partnership. This is the most powerful partnership that our young people can have to drive and support them. The careers fair was a resounding success that benefitted our students and the local community. Our new Curriculum Information Evenings have been well-received by students and parents. With online Parent/Carer consultation evenings , it is so important for us to ensure there are other ways for us to meet in person.

Welcome

Our Open Morning was well-attended with a large group of parents and carers welcomed to tour the academy and to visit lessons in progress. The SEND coffee morning was also an excellent opportunity for parents and carers to socialise and meet our excellent SEND team.

The MCA⁶ Open Evening was a fantastic event which took place at the same time as our prospective Year 7 evening. Despite the torrential rain, we had an excellent level of attendance! On the back of that, it has been encouraging to hear that so many of our Year 11's have already committed to joining us next year with applications submitted. MCA has a seven year curriculum. Ideally, we would want all of our learners to continue their educational and pastoral development with us all the way from Year 7 to Year 13. MCA⁶ is a vital part of our community and it is brilliant to see so many MCA⁶ students gaining invaluable experience supporting our younger students on the main site. We are very much in UCAS season and we are working hard to ensure that the best possible applications can be submitted to facilitate a seamless shift up to University and College life.

We have so much to look forward to after a slightly extended half-term break. The run up to Christmas is an exciting time and I am particularly looking forward to our Awards Evening on the 19th December. This will be an amazing evening to celebrate achievements including academic and personal development endeavours and progress. Further details and invitations will be shared soon.

It is essential that we pause, take stock and reflect from time to time. Thankyou to all of my colleagues and our amazing students who have contributed so much during these first eight weeks. This first newsletter of the year is a buzzing reflection of what we are all about at MCA. The journey ahead for our community is incredibly exciting and we can all play a part.

Wishing you all a restful half term break.

Best wishes



Mr J Oxley
Principal

Work hard; be kind

Working together; supporting individuals



Dates For Your Diary



Friday 25th October - Last Day of Term

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

Monday 4th November - PD Day

Tuesday 5th November - Students Return

Tuesday 12th November - Year 7 Curriculum Information Evening 5:30pm - 6:30pm

Wednesday 13th November - Year 11 Parent and Carer Event - Talk From West Suffolk College 5:30pm - 6:30pm (sign up by emailing jane.seaney@attrust.org.uk)

Friday 22nd November - Sixth Form Politics Trip

Thursday 28th November - Year 10 Parents' Evening

Friday 29th November - PD Day

Thursday 12th December - Year 12 Parents' Evening

Thursday 19th December - Awards Evening

Friday 20th December - Last Day of Term

Monday 23rd December - Friday 3rd January 2025 - Christmas Break

Monday 6th January 2025 - Students Return

MCA Music and Drama are delighted to announce our production of **Aladdin Junior**. After rigorous auditions we were delighted to announce our cast with Year 7 student Kaden Bingley in the role of Aladdin. The performances will take place on **April 1st and 2nd 2025** and students and staff will be working extremely hard to make this a sparkling and dazzling production!



Autumn at MCA⁶ by Ruby Butcher

My name is Ruby Butcher and I am a sixth form student studying Art and Geography. Photography and Nature are my passions. An opportunity came up to write an article in the newsletter for October, I wanted to find a way that I could include my photography and love for nature to show people what's right in front of them that they don't often pay attention to. So, I decided on writing an article about the 'Flora and Fauna' in Mildenhall, more specifically the Sixth form grounds. I have taken some photos of interesting things during this time of the year and want to share them with you. Nature is incredible and baffling in some cases, I would love to shine a light on one small corner of the Earth to show people how important it is that we protect what we have, while we still have it.

Elder Berries (*Sambucus nigra*)



Elder berries are in season from around August to October, this is when they can be picked. The Elder tree is a native tree that can grow to around 15m high when mature and live for around 60 years.

Once the creamy/white flowers are pollinated by insects, each flower develops into a small purple/black sour berry. They can be used to make jams, wine and fruit pies. The wood of the tree also has a purpose and can be used for whittling and carving, the foliage was also once used to keep flies away and the branches were hung around dairies.

Harlequin (*Harmonia axyridis*)



This bug was introduced into North America and Europe in the 1900s but is actually native to Eastern Asia. The best time to see them is from March to November. The lady Bug has made a name for itself in North America being the '**Halloween Bug**' due to its tendencies to invade homes and gather in enormous numbers during late Autumn. Why are ladybugs significant to the environment you might ask? Ladybugs are important because they act as natural pest control towards aphids

European Garden Spider (*Araneus diadematus*)



This is one of the United Kingdom's largest spiders, the best time to see them is April to November. These are extremely common spiders and there is most likely one in your garden right now! Females breed in the summer and then lay her eggs in a silken cocoon.

The spider will stay and protect the eggs until late autumn where she will eventually give in to the cold and die. Did you know that their webs can be up to 40cm wide? That's larger than a standard school ruler!

Horse Chestnut Leaf-Mining Moth (*Cameraria ohridella*)



This is a leaf that has been eaten by a moth. The leaf miner moth is an invasive pest and while it does not kill trees, it damages them to a point where they are weakened and are left vulnerable. This makes them more susceptible to diseases that can kill off the tree. Unfortunately, there is no way to get rid of this pest. The larvae mine through the leaf as they feed, in some affected leaves you can hold them up to the light and may be able to see the tiny caterpillars in the mined areas.

Careers Fair

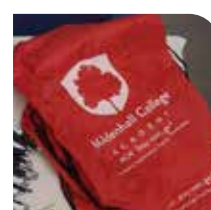


On Friday 27th September, we opened our doors to over twenty businesses, colleges and higher education providers. Years 9 through to Year 13 had the opportunity to walk around all the stands and speak directly to employers and providers.

It was a really successful event, seeing nearly 800 students have the opportunity to talk about their career ideas and future plans. At 3.30pm we opened our doors to parents, carers and the general public so that those all-important conversations about the different options that are available to our young people - apprenticeships, college courses, 6th form and T-levels, which have all changed so much over the last few years.

Feedback from students was really positive and engagement from the students with the businesses was absolutely brilliant. Feedback from all the exhibitors was extremely positive – lots of comments on how polite and engaging our students were. Noted also was the curiosity of our students and some fantastic questions were asked.

We would like to say a massive thank you to all the exhibitors that support MCA in our first Careers Fair in our new building – Army, Airforce, Center Parcs, Fastec Racing, JEB Technologies, Theatre Royal, Form the Future, DWP, University of Suffolk, MCA Sixth Form, NHS, Anglia Ruskin University, College of West Anglia, West Suffolk College and Apprenticeships, Whittings Accountants, Suffolk Police, Cambridge Regional College, British Racing School and Kooth.com.



'It was great to see so many wonderful MCA students at the MCA Careers Fair, we look forward to welcoming you to MCA⁶ in the future' **Mrs Wetton**

Future Career Talks

On Friday 25th October we will be welcoming West Suffolk College in for an assembly to all our year 11 students. Students will have an opportunity to hear about all the different pathways that are available through West Suffolk College.



On Friday 8th November we will be hosting a visit and talk from Colour **Sgt JG Tillotson BEM, Mildenhall Royal Marines Cadets Detachment Commander**. Sgt Tillotson will be talking to students about Sea Cadets and the Marine Cadets as well as his own personal experience in the Airforce.



Next half term we will be hosting our annual Information Evening from **West Suffolk College** for students and parents/ carers in Year 11 to learn about college courses, apprenticeships – all the different pathways that are available to our young people once they leave secondary education.



On Monday 18th November we will be welcoming **Ian Harvey** to MCA Sixth Form to talk about his role as a **Healthcare Science STEM Engagement Manager** for the East of England. Ian works with departments in hospitals, including Addenbrooke's, Royal Papworth & Norfolk and Norwich. Ian works with schools to help their students to understand and engage with the many healthcare careers available.



Space Class

Finally, Ms Ling talked about some of the space items she had bought with her. The first of which was a pressurised suit worn by astronauts when ascending into and descending from space. She explained how the airtight seals worked and that the humble rubber band was still the best way to make a seal. She also had bought a piece of meteorite for students to hold and also a piece of the moon. Students formed an orderly queue to touch the piece of the moon, before packing up their belongings to end the session.

The students were engaged with Ms Ling and asked a lot of thoughtful questions.

Some of the students feedback included: "It was interesting, I really enjoyed it." "I liked that it was interactive." "I was really happy to hold the moon rock." "I was grateful for the opportunity." "It was educational and inspirational for those who might think about a career with space."

The overall highlight of the session seemed to be touching the moon rock. We look forward to welcoming Ms Ling back next year for the current Year 10 students space masterclass.



Space Class



On Monday 30th September we welcomed Ms Meg Ling from the National Space Academy to give a space masterclass to our Year 11 Science students. Ms Ling has a physics degree from the University of Durham and is also a representative of the Ogden Trust which aims to increase the uptake of physics in post-16 education. Ms Ling started her interactive lecture with a detailed and enthusiastically explained section about the James Webb telescope. She linked this back to the GCSE curriculum so that students could understand the physics behind the underlying functions of the telescope. Students were presented with images to show the difference between

the Hubble telescope and the James Webb telescope and how they would be able to tell which one took the photographs.

Students then took part in a practical activity to make their own telescope using lenses and again this was linked back to the curriculum.

The second part of the talk was looking at the effects of gravity. Again, students were given a practical activity to think about how orbits of satellites are affected by gravity. This is covered in the final topic of the GCSE physics specification so gives students a great advantage when this is taught later in the year.



Linked to satellites, and one of the best engaged in activities was the use of infra-red to monitor sea temperatures. Ms Ling used this as a way to explaining why, despite its seemingly vast cost, putting objects into space to monitor temperature, weather and climate is vitally important. Students were able to see how the use of infra-red makes mapping temperatures in water far more accurate and built a better model than just taking the temperature by hand.



Sixth Form

On starting my studies at MCA⁶ I've found a very welcoming community and lots of different events to get involved in outside of school. Lessons more focused on individuals due to smaller classes and all of the teachers have been really positive and helpful to get us the right start. Many of the same teachers that you have had before at lower school teach at Sixth Form so it is easier to transition.

The prefect team has been really welcoming especially the head girls, you can see the effort they put in to organise events and make Sixth Form life more enjoyable.

Kaia Heffer, Year 12



Chess Club



We've welcomed the start of this academic year at Chess Club with our members enjoying intense and thrilling games while also learning a wide range of new tactics. We have also welcomed a number of new faces to the club over this half-term, which is always nice to see.

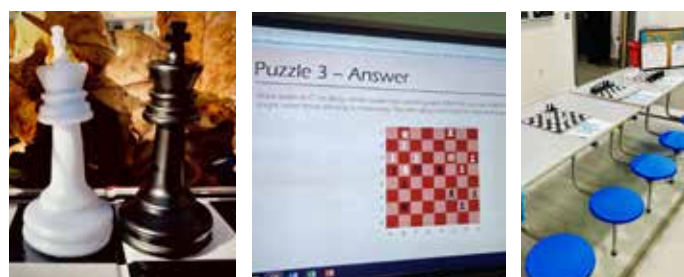
We have also supported the school's Open Evening this year, by having a stand in the main dining hall. During this event, numerous children and parents/carers came to our stand, playing chess and discovering more about the game. It's always nice to see

so many people engaging with chess which we hope they will continue to play long after the Open Evening.

We have lots more to come as we head towards the festive season! During the month of December, you can look forward to an action-packed tournament and a festive celebration to wrap up our first full term back. Our sessions run every Tuesday after-school in Room F11, or every Wednesday lunchtime in Room SW9 if you are at MCA⁶.

We hope to see you there!

Ryan Crowe, Year 13



Sixth Form

Silver Duke of Edinburgh Award



Evie Beale and Elizabeth Osier are the first two students to fully complete their Duke of Edinburgh Silver Awards here at MCA.

To achieve the Silver Award, you have to show a tremendous amount of commitment towards goals and put in a great deal of time into completing sections every week to

succeed in this award. To achieve this, Evie and Elizabeth have spent 1 hour every week for a set period of time in the volunteering, skills and physical sections, as well as completed two successful expeditions.

For the Bronze expedition, they completed two days of journeying and one night camping, and for the Silver Award three days journeying and two nights camping up on the North Norfolk coast.

It is an amazing achievement to receive this award, and it is something that you cannot achieve without a huge amount of determination and resilience. A massive well done to both Elizabeth and Evie for achieving their awards!

Joining MCA⁶



A variety of courses to choose from

- A Level and Vocational courses available
- A variety of courses to choose from
- Bespoke Sixth Form centre
- A personal, caring environment to learn

MCA⁶ Stay near, go far



t: 01638 714645
e: MCA-reception@attrust.org.uk
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We are excited to announce that we are now accepting applications to MCA⁶ for September 2025. Information regarding the courses we offer can be found in our prospectus which is available on our academy website.

The MCA⁶ subject pathways are inclusive and allow students to study either the traditional A Level route, the Applied route or a combination of the two.

Students should complete the application using their academy email address. The application form can be found in the MCA⁶ section on the academy website. Applications should be completed by **Friday 8th November**.

University Open Day Visits

Royal Holloway

As the pictures show, the campus was beautiful and it had a very calm and inviting atmosphere. All the accommodation was on campus, and all very close to any block you may need to get to. As the accommodation is on campus there is only a short walk (with very good scenery) to get to anywhere you may need. The social aspect of the Uni seemed fun and lively, hosting many activities and having a variety of sports and clubs to join. However, it is located in a smaller town, and travelling to nearer cities (London) may be expensive.

I took part in a lab tour, which showed all the labs they have. This included an MRI scanner; a sleep lab and they also have an EEG.

Amelie Webb, Year 13



Durham

We visited Durham on September 21st, and it went extremely well. The accommodation we looked at was relatively new and the college had a wide range of facilities including a gym, music rooms, library, dance studios, and much more. There are options for either catered or self-catering accommodation, also with the choice of an en-suite or shared bathroom. The subject area that we visited (chemistry) has recently been undergoing a redevelopment, investing £20 million into the labs and lecture theatres, and was very nice. All members of staff were exceptionally friendly, giving the university a very welcoming feel. Overall, I would say that we found no negatives with the university as both the location of the uni and facilities available were great.



University Open Day Visits

York

York University has two campuses; East and West, we visited the west campus. The campus was really nicely set out, with a lake surrounding it and it also had lots of wildlife and green space which gave a nice picturesque feeling to the place. The accommodation was really nice and there were options for catering or self-catered, with either an en-suite or shared bathroom. They also offer a 24-hour bus service which runs between both campuses and the city centre for no additional cost.

The Chemistry Department was very modern and had up to date technology and lab equipment. Overall, the visit went really well and there were no downsides.



Imperial College London

Imperial College London has a main campus in South Kensington and a second in the newly constructed White City, where students spend their 4th and 5th years for their Master's project. It's a particularly good location for Science and research-based subjects, with industrial links and access to advanced technology, also has their own business school.

The campus was very modern and rather quiet considering its central location. Accommodation was decent, however is very expensive due to its location, as well as the cost of living, and 14-24 people tend to share kitchens - which could be a downside. Overall, it was very nice however there were the downsides of high costs, but the university's facilities were exceptional; and students also have their graduation in the Royal Albert Hall.



Imperial College
London



Abbie White, Year 13

Mental Health Support Team (MHST)



Matt Pull
Clinical Team
Manager



Sarah Neville
Psychological
Therapist



Lucy Bellotti
Senior Education
Mental Health
Practitioner



Jo Greenwood
Education Mental
Health Practitioner



**Ally Fairhead-
Andrews**
Education Mental
Health Practitioner



Michaela Tyler
Senior Education
Mental Health
Practitioner

The Mental Health Support Team (MHST) works with schools and colleges supporting young people, families, and the wider school setting. The MHST is an early-intervention service for young people with mild to moderate mental health difficulties, such as: anxiety, low mood, low self-esteem. Our vision is to empower mentally healthy communities in schools and colleges. We offer groups and individual support for young people, parents, and families.

The support offered to educational settings includes staff training or supervision.

We regularly meet for consultations with members of staff within Mildenhall College Academy. If you have any concerns associated with your mental health, please speak with staff at the school. We also have lots of advice and resources on our social media platforms below, please hit the links to find out more.



U15 Netball



The U15 Netball team headed to OSA for their first tournament of the year. The team were excited and the sun was shining, tempting fate for a great afternoon! Our first game was against OSA and this was a tight one to the final whistle. MCA started quickly, with flowing netball and raced to a 4-0 lead.

OSA turned things around and pulled themselves back into the lead with MCA chasing throughout the second half. However, some great defensive work from Isla Beale, Marika Wegrzyn and Eden Benion, meant we won a number of turnovers, allowing us to get back on the attack and score. MCA held strong until the final whistle taking the first game 12-10.

Our second game was against St Benedicts, who provided good defence through their team's height. Our girls had to speed up their play to try to overcome this, alongside some great interceptions from Liv Faley. They were successful with this and took the game 8-2. Our third game was against Stowupland and MCA were in the swing of things, putting all of their skills into practice. Throughout the game and tournament Hannah Rolfe and Jessica Lee were on top shooting form, scoring 14 collectively in this game, to win 14-0. Our final game was

against Stour Valley and we wanted to keep this performance up.

Grace Henderson controlled the court, supplying our shooters with great opportunities. MCA worked hard until the final whistle to complete a set of wins, taking this one 7-0. An unbeaten performance and such progress from last year, was amazing to see. Well done girls!

U14 Boys Football vs Sybil Andrews

The boys battled hard in our first game of the season but ultimately came away 5-1 losers in the first round of the West Suffolk Cup against last years winners, Sybil Andrews.

The boys were right in the game until the last 6 minutes when a hat trick of late goals from corners gave Sybil Andrews a flattering score line. Freddie Newton in goal had a stellar performance despite conceding 5, commanding his area well and standing no chance against an incredible freekick, fantastic strike from the edge of the box and 3 unfortunate deflections from corners saw 5 hit the back of the net. Midway through the second half and the boys strung together a lovely passing move finished off beautifully into the bottom corner from the edge of the box.

Injuries to key players and late drop outs saw a team pulled together at the last minute with lots of players playing out of position, but the boys showed no end of team spirit and togetherness. A big thank you to Ethan Neville, McKenzi Sulman and Natan Guzylak for jumping in last minute to get the game on.

Successful@MCA

West Suffolk Cup



MCA hosted Thurston in the first round of the West Suffolk Cup. It was a rather wet day but in truth it was a perfect day for football.

Unfortunately, MCA made a very slow start and found themselves 2-0 after just five minutes. MCA then began to get a hold of the game and started to create attacks of their own. MCA halved the deficit after good work from Oliver King who found Kobe Adams in space who rolled the ball calmly which was then slotted past the keeper.

MCA continued to press and almost equalised through Oliver Wells. Even with the majority of possession, Thurston looked dangerous on the counter attack. David Kurcon made a terrific save but the ball rebounded kindly to the Thurston forward who rolled the ball into the empty net, halftime MCA 1-3 Thurston.

MCA started the second half much the better side and the introduction of Leo Gamzoo and Jaxon Hoskins made a real difference. MCA pulled one back after Max Rutter's free kick was spilled by the Thurston keeper and Jaxon Hoskins was the quickest to react to tuck home. The equaliser then came after great work from Oliver Wells down the right who crossed to Jaxon Hoskins who smashed home from close

range. MCA were now pushing for a winner. Unfortunately it was Thurston who re-took the lead after a defensive mix-up at the back. MCA continued to push for equaliser and thought they had it but Kobe Adams shot over from the edge of the box. With seconds left, Max Rutter rolled the ball into the path of Oliver Wells who got in front of the keeper and rolled the ball into the empty net. Due to time constraints the game went straight to penalties and it was Thurston who will move on to the next round after converting all 5 of their penalties.

Leadership



Our first leadership event of the year was at Great Heath for the U11 Football Tournament.

Our leaders were there to officiate matches, support with scoring and timing, enabling the event to run smoothly. We had some leaders new to refereeing football, and they were brilliant and growing with confidence throughout. The leaders also were joined by FA and FIFA referees George and Abi Byrne.

It was a great experience for our young leaders to learn from those at the top of their game. As always, all involved did MCA proud and it is a pleasure taking you to these events. Well done!

U14 Boys Football Festival



3-1 W v County. 7-3 W v KEGS.

The boys walked away festival winners after 2 fantastic victories in the festival. After a long wait for a goal in the first game Charlie Bennet put MCA ahead with a beautiful finish after a mazy run through the entire County side. In true futsal fashion County scored straight from the kick off to equalise. Under a bit of pressure Freddie Newton made two phenomenal reaction saves to keep MCA in the game. Two late well taken finishes saw MCA walk away 3-1 winners in game one.

In the second fixture MCA took on KEGS. Going one nil down, the game looked as if it would be a close affair however, after some great finishing from MCA, the game went convincingly MCA's way. Some good goals saw every outfield player on the score sheet across both fixtures.

Pick of the bunch was a toss up between Charlie Bennet's mazy run and finish into the top corner. Stealing the limelight was

Anthony Cheshire's volley on the swivel into the top left to score MCA's 7th of the match. Fantastic evening all round – well done boys!

U16 Football - West Suffolk Cup

The U16 Boys took on Stowmarket in the first round of the West Suffolk Cup. The game started quickly with MCA on the front foot. They created some excellent chances that forced the Stowmarket goalkeeper to pull off some good saves.

The highlight of the first half was a ball being played through the MCA back line leaving the Stowmarket attacker 1 on 1, he took his time to line up the shot, but Jacob Watkins was able to pull off an excellent save to deny their goal scoring opportunity.

The first half ended 0-0. Rae Nugent came on in the second half and was quick to make an impression, he chased down the ball making chance after chance. MCA were awarded a free kick 25 yards out and Harvey Coe stepped up to take it. Everyone was expecting a cross into the box, but Harvey hit the ball, and it flew into the top corner giving MCA the lead.

MCA's second goal came from a penalty scored by Harvey. MCA continued to control the game, and it looked like an easy win. In the last few minutes, a miscommunication between a few players led Stowmarket through on goal to make it 2-1.

Shortly after the full-time whistle was blown and MCA was victorious with a well-earned 2-1 victory. Well done boys.

Teamwork@MCA

U14 Netball

The U14 netball team had their first competition of the year at Sudbury. Our first fixture was against Ixworth. The girls started very strongly, linking together lots of passes smoothly. Attacking play from Erin Hobbs, Abby Bosomworth and Annabel Slack led to a number of goals being scored by Erin Bailey. Defensively MCA were very strong, applying pressure and turning over play quickly.

Isla Nunn, Wiktorina Pawlak, Chloe Wallace and Izzy Keogh worked together to ensure Ixworth were only able to score one goal. MCA came away from this game with an amazing 10-1 win! Our second game was against a strong Ormiston Sudbury Academy (OSA) side.

MCA started strongly and tried to keep pace with OSA who raced into a 4-0 lead, but, strong passes and movement led MCA to pull it back to 4-4 at half time. We continued to push throughout the game and were staying in touch with OSA. Unfortunately we fell a little short and lost this game 10-7. A great overall performance from the girls!

U14 Football - County Cup



MCA hosted King Edwards in the first round of 2024/25's County Cup. Key players returning to the side after injuries boosted

the MCA hopes prior to kick off.

This was proven by a dominant first half where MCA should have gone into the break 3 or 4 goals to the good. None the less the score at the interval was a deceiving 1-0 to MCA with a goal tucked away from Jenson McLean halfway through the first half. Into the second half and a few tweaks to tactics and the team saw KEGS gain a foothold in the game.

The ball was shared more evenly, and chances were few and far between for MCA. The game could've turned very quickly but for some excellent saves from Freddie Newton and some strong defensive play from Charlie Bennet, Anthony Cheshire and Sam Batey.

MCA came away on a quick break to go 2-0 up with another well taken strike from Jenson McLean once again. MCA looked to be cruising but for an own goal against the run of play to make it 2-1.

MCA saw a close decision go against them to cement the win as James McAulay's late strike cannoned off of the underside of the bar and the ball bounced dangerously close to being over the line giving the referee a decision to make, no goal given.

Some resilient and spirited late defensive work repelling some set piece routines from KEGS saw MCA hold on to progress to the second round where a fixture against Culford awaits.



Follow the PE Faculty on twitter
@MilPEdept

U12 Netball

On Tuesday 15th October, MCAs' under 12 netball team played Stour Valley at home.

This was the girls' first official netball fixture of their high school career, and the way they played seemed like they had been playing for years. Although they faced a small loss of 3-0 the girls' determination and passion for the sport shined through in their performance.

Their communication and teamwork were outstanding, and the girls were constantly helping each other out with positions and rules of netball, and I have no doubt that they will improve more and more over time. Stour Valley played an amazing game, and the teams were evenly matched but I would like to give a special shoutout to Bluebelle Nyberg who volunteered to play for Stour Valley when they were short one player. Well done girls, keep showing that determination to succeed.

Cross Country

On Thursday 17th October it was the annual cross country race at the Royal Hospital School in Ipswich. This is a private school, and in the morning it hosts the secondary schools from West Suffolk and in the afternoon it hosts the schools from East Suffolk. The races range from 2000m-5200m and the age groups run from minors (Year 6 and 7) up to a senior race (Year 12 and 13), if runners finish in the top 50 here they get an opportunity to head to Woodbridge in the next round.

Bethany Hurren was featured in the first race of the day in the minor girls event, here she battled brilliant right to the end and ran a very good race which she should be proud of. Next up came the best performance of the day with William Rudge putting in a

superb race coming in 3rd place in the minor boys event, Will ran a solid race from start to finish with a very fast sprint finish at the end and earned himself a bronze medal. Sebastian Wilcox backed him up with an impressive 34th place with Josh Herring and Rocco Barrett also running good races.

In the Junior girls event, Isabelle Knowles shone through with a very good 14th place, what is even more impressive with this is the fact that Isabelle was running against girls her age and the year above so next year she should certainly improve on this result. Max Rutter in the junior boys was also running against boys a year older than him, but still held his own coming 19th in his race, which again was another amazing performance.

The last race of the day featured Joshua Sole-Strevens and Conor Doyle in the inter boys event, here both boys started off together and ran together majority of the way, supporting each other's pace along the route. In the last 400m Josh managed to get a lead and come in 49th place meaning he had qualified to run at Woodbridge, Conor just missed out however still put in a great performance coming in 55th position.

Overall, it was a very successful day for MCA with some brilliant individual performances.



U13 Football - County Cup



MCA hosted Castle Manor in the first round of the Suffolk Cup. The weather was warm and created a perfect setting for a competitive game of football.

MCA made the early headway and had large spells of possession. Oliver King dribbled inside and was brought down on the edge of the box. Oliver Wells curled the free kick around the wall which was parried out by the Castle Manor keeper, the ball dropped to Max Rutter whose shot clipped the top of the bar. Ka'Mari Jones-Clarke was a threat all afternoon and after superb work down the right his cross found Jaxon Hoskins whose delicate touch beat the goalkeeper but was cleared off the line to keep the game scoreless.

Castle Manor then began to get on top and began to cause MCA problems from set pieces. After David Kurcon parried a well struck corner the ball dropped to the Castle Manor winger whose shot was brilliantly cleared off the line by Samuel Kempa. It was scoreless at halftime. MCA started the first half the way they finished the first and were tentative to get going. David Kurcon tipped a shot brilliantly around the post when it looked destined for the bottom corner. Defensively MCA looked strong, and

Sean Doyle and Reggie White have built a good partnership. MCA took the lead after an outstanding run from Ka'Mari Jones-Clarke down the left his cross found Oliver Wells in the middle who blasted home from close range.

MCA pushed hard for a second and the link up play between Oliver Wells and Jaxon Hoskins was causing the Castle Manor defence all kinds of issues. MCA thought they had doubled their lead when Ethan Dixon won the ball back on the edge of the Castle Manor box and played it through to Oliver Wells whose shot was brilliantly blocked by the Castle Manor defender.

MCA then doubled their lead; Max Rutter flicked the ball to Jaxon Hoskins who picked the ball up on the halfway line. He drove at the Castle Manor defence who continued to back off. He dribbled past two defenders before striking a shot that was too hot for the Castle Manor goalkeeper to handle. This is his third goal in two games so he is very much in a rich vein of form. MCA were diligent in the final stages and Leo Gamzoo did a superb job in dealing with their very skillful winger. MCA are into the next round after a deserved 2-0 win.



Do you play a wind or
string instrument?



Or do you want to give one a try?

Year 7 Band

With Mrs Wright is starting

After the Half Term Holiday

On

Tuesday Lunchtimes in S13

First Rehearsal Week A, 5th November 2024

If you have an instrument, you can drop it off in S13 before school.

Brass Players

See Mr Aves

S11

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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attendance
MATTERS

Clubs and Activities

Clubs and Activities A U T U M N 2024



| WEEK A&B | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|--|--|--|---|--|
| First Lunch (7/9/11) | Year 9 Football (B) | Connect Club - Library (A&B) Year 7 Training Band S13 (A&B) | Year 11 Football (A) SEND Games Club Year 7 & 9 (A&B) Wellbeing Club - S1 (A) Year 7 Singing - S11 (A&B) | Year 9 Football (A) Year 7, 9 & 11 Handball (B) | Year 7 Football (A) |
| Second Lunch (8/10) | Basketball (A) | Year 8 Football (A) Year 8 & 10 Basketball (B) Connect Club - Library (A&B) | Year 10 Foot- ball (B) Wellbeing Club - S1 (B) | | |
| After School | Homework Club Session 1 – 3:30 – 4:00 Session 2 – 4:15 – 5:00pm (A&B) Band - S13 (A&B) | Homework Club Session 1 – 3:30 – 4:00 Session 2 – 4:15 – 5:00pm (A&B) Chess Club - F11 (A&B) Netball (A&B) Year 9, 10 & 11 Basketball (A&B) Year 10 & 11 Football (A&B) | Homework Club Session 1 – 3:30 – 4:00 Session 2 – 4:15 – 5:00pm (A&B) Rugby (A&B) Badminton (A&B) Year 7 & 8 Basketball (A&B) Fitness / Boxercise (A&B) Crochet Club (A&B) Diversity Club (A&B) Lego Club - F11 (A&B) | Homework Club Session 1 – 3:30 – 4:00 Session 2 – 4:15 – 5:00pm (A&B) Neurological Club - F17 (A&B) Volleyball (A&B) Year 7 & 8 Football (A&B) Aladdin Music Rehearsals - S11 (A&B) | Homework Club Session 1 – 3:30 – 4:00 Session 2 – 4:15 – 5:00pm (A&B) French Club - F9 (A&B) |



The MCA Way

THE MCA WAY

We are here to learn and be successful!

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 titles being centre aligned. **We write in pen and draw in pencil** when completing paper based tasks.



We save our work in organised folders with meaningful names to allow us to find our work later.



We record **new vocabulary** accurately and we take care with our **spelling, punctuation and grammar** making use of spell check to help us. We take notice of corrections that have been made by our teacher or suggested by spell check.



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



Mildenhall College
ACADEMY



Teamworkers

Together Everyone Achieves More.



Resilient

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



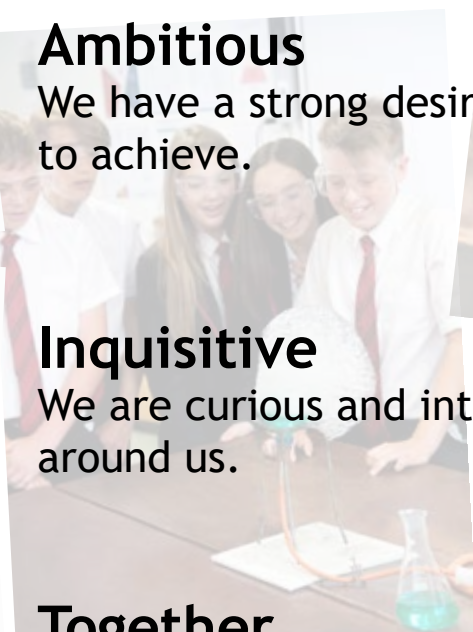
Ambitious

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 head-ache 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