

Mildenhall College Academy



NEWSLETTER



December 2024



Art Students' Design Brought to Life

Principal: Mr J Oxley

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Dates For Your Diary



Friday 20th December - Last Day of Term

Monday 23rd December 2024 - Friday 3rd January 2025 - Christmas Break

Monday 6th January - Students Return

Thursday 9th January - Friday 24th January - Year 11 and 13 Mock Exams

Thursday 23rd January - Year 9 Parents' Evening

Thursday 6th February - Year 11 Parents Evening

Monday 10th February - MCA6 Art Trip to Sainsburys Centre

Wednesday 12th February - Year 9 Vaccinations

Thursday 13th February - Social Sciences Trip to Shrewsbury

Friday 14th February - Last Day of Half Term

Monday 17th February - Friday 21st February - Half Term Break

Monday 24th February - Students Return



Don't forget to follow us on Facebook and twitter to keep up with important information and all the exciting things taking place at MCA

Welcome

Dear Students, Parents and Carers,

I am delighted to introduce another jam-packed newsletter! It really does showcase the range of opportunities available to our young people at MCA. It is a testament to the hard work of my colleagues who have organised so many opportunities to enrich the curriculum and to recognise the work and efforts of our students.

The Awards evening was a fantastic occasion and it was delightful to see so many of our students, staff and families come together to celebrate some incredible achievements. We celebrate achievement and hard work at MCA and it is my mission to further develop our sense of community and positivity. We are a 'Warm Strict' Academy and the 'warmth' is vital for us to be successful. At the time of writing this we have recorded 115,273 positive events this term, compared to 34,595 events recorded in Term 1 of 2023. This is a pleasing increase alongside our commitment to run the rewards trip to Bury St Edmunds and Norwich last week. I was delighted that so many students met our eligibility criteria relating to attendance and a strong behaviour record. The number of students eligible for this trip was much greater than this time last year.



MCA is an improving Academy - building on the strong foundations that we have developed since our good OFSTED judgement. We are committed to deliver the best possible service for our community and to deliver outstanding opportunities inside and outside of the classroom.

The carol concert was a wonderful evening with a great level of support and attendance from families and our proud students. It was a befitting and joyous end to what has been a long and industrious first term. I hope that everyone has a restful and safe holiday. We look forward to welcoming back our students and families in the new year. Take care everyone.

Best Wishes



Mr J Oxley
Principal

Work hard; be kind

Working together; supporting individuals

Firebreak

Congratulations to the students who have worked hard and successfully completed the Firebreak course at Mildenhall Fire Station.

Firebreak is a great opportunity for students to develop their confidence, resilience, self-esteem and team work skills. The students learn how to throw out hoses and roll them back in correctly, rescue dummies from the training tower, CPR and so much more. Parents and carers were invited to attend the pass out parade where the students could showcase what they learnt on the course.



St. Marys Church

Thank you to all tutor groups who made items to decorate a window in St. Mary's church for their Christmas celebrations.



Cake Decorating Challenge

We had the mini roll challenge today. Each student was given a mini roll and had to decorate it as they wished - marks were given for invention/imagination and execution.

We had many wonderful results, but this one by Grace Nixon Year 10 was outstanding and timely and deserves recognition.



Wow Week

There were 574 students eligible for the draw - students needed to have received no consequences and have 100% attendance from Friday 18th October until Thursday 24th October.

A student was selected from each year group. The winning numbers drawn were 98 for year 7, 8, 9 and 10. For year 11 it was number 35.



Chess Club



This half-term at Chess Club, we have been celebrating the festive season with a number of very exciting activities, the highlight of these was our Christmas tournament which we held on Tuesday 3rd December. It was a fierce competition ending in a tense re-match between Magda and Max, which we saw at our last tournament in June.

Magda Domosud ultimately emerged victorious and won herself a Galaxy advent calendar. We thank everyone for participating, some brilliant chess was played by everyone.

We are currently planning our first 2025 tournament, watch this space.

Additionally, we have introduced an e-mail advent calendar this December. This works by e-mailing each member a piece of chess strategy, advice or something similar each school morning until the Christmas holidays. This initiative has been very popular within the club, and it is very good as it covers a wide range of tactics our members can use to improve their game, such as gambits, central control and pawn structure.

We also have a new team of club leaders coming at the end of this academic year, and they are soon to have their first taste of management at a real club session.

The club wishes you all happy holidays and we can't wait for our first session back on the 7th January 2025. Our club runs every Tuesday after school in Room F11, we would love to see you there!



Crochet Club

Crochet club has had a busy term! We started the academic year welcoming lots of new members which is fantastic. Our project for the first half term has been to make poppy badges to sell in aid of the Royal British Legion Poppy Appeal. In total we raised £50. We have then spent the second half term working on our own projects.

We would love to welcome more members in the New Year, so if your New Year's resolution is to learn

a new skill, please come along. Crochet and cross-stitch club runs on Wednesdays 3:30-4:30pm in F4.

All year groups are welcome and we will provide everything that you need to get started.





Our wonderful Prefect Team are busy planning the next exciting MCA⁶ events

Chelmsford University Fair

Some of our Year 12 students enjoyed a day at Chelmsford Racecourse visiting various exhibition stands from Universities and Apprenticeships from across the UK.



Applications

We are delighted to receive so many applications to MCA⁶ for September 2025. So far, we have received an amazing 122 applications from both current MCA learners and external students. It is not too late to register your interest in MCA⁶, the application form can be found in the MCA⁶ section on the academy website. Information regarding the courses we offer can be found in our prospectus which is also 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.

MCA⁶ ended the Autumn term with some festive fun! Wishing everyone a merry Christmas and restful break.



Sixth Form History and Politics Trip



Imperial War Museum and Churchill War Rooms, History and Politics trip.

On Friday 22nd November, 26 History and Politics students set off at 7:30am to London, for an informative and impactful day of learning, history, politics and culture. We had a fantastic day!

We started the day at the Imperial War Museum. It was fantastic as it had a variety of artefacts and key information about the inner workings of war. We found the Holocaust section most emotive because it was very eye opening.

Another favourite of ours was the art galleries which displayed artwork and photography from a variety of different periods of time in which war was happening. We liked it so much as it was interesting to see how people viewed war and expressed it through their artwork, it also gave a much more emotional view to the factual knowledge.

After the Imperial War Museum, we walked through London, taking in the sights of Buckingham Palace, Big Ben and Churchill's Statue in Parliament Square, which we really enjoyed.

The Churchill War Rooms were brilliant, we felt completely indulged in the experience due to the atmospheric sounds and the information that the audio guide provided. Overall, it was a lovely experience and we're glad we went and feel that it will aid our understanding of the course.

Abi and Hannah, Year 12

On the trip, I was able to experience new and existing knowledge from my current learning which was very interesting. I was able to look at World War One in more depth and see some of the many displays.

In the Churchill museum I learnt a lot about his life that I wouldn't have known otherwise. It was very intriguing to see the real places where he would work and live. Adding onto this I learnt a lot more about the Holocaust and the cruel experiences people had to endure.

I got the opportunity to experience an exclusive trip with my peers. The teachers were also very useful at explaining more in-depth about a variety of events and topics.

Nicole and Elise, Year 11



Careers

On Friday 25th October we invited West Suffolk College to MCA to host an assembly for all Year 11 students. The students learnt about all the courses that are available as well as apprenticeships and T-Levels.

There is so much choice out there for students looking at post-16 options and we are very appreciative of the support and guidance that West Suffolk College offer our young people.

On Thursday 28th November we held our Year 11 Parents' Information Evening with West Suffolk College. This was an opportunity for parents and carers to find out more about the college courses and apprenticeships that are on offer. There are many different pathways that are available to our young people once they leave secondary education now and it was great to give parents and carers this opportunity.

Thank you to all the parents, carers and students that attended.

*Research shows that parental involvement in children's education has a powerful impact on their attainment and adjustment.
(DfES Publications)*

On Friday 8th November we hosted Sgt JG Tillotson BEM, from Mildenhall Royal Marines Cadets to be out and about at both the lunch times to give all students a chance to come and talk about Sea Cadets and the Marine Cadets. He then met with students who signed up to a more in depth talk about the Sea Cadets and Marine Cadets programmes, as well as his own personal experience in the Airforce.

For more information:

<https://www.sea-cadets.org/mildenhall>



Careers



Every Friday during Morning Meeting, all students are given the opportunity to hear and learn about the different and exciting careers that are out there.

So far this term students have had information about the following careers and job roles: Paralegal, Travel & Tourism sector, Hair & Beauty sector, Estate Agent, Vet and Veterinary Nurse, Forensic Psychologist, Victim Care Officer and Careers in the Space Industry.

This gives students an insight into the many careers that are available. How they link to their learning and education now, and with their future GCSE's – what subjects they might like to choose and the grades they will need. We then explore the routes that are available to get into a chosen career - e.g. A-levels, College, Apprenticeships and/or University.

We also look at average pay scales and the working hours all the different roles will offer. We then look at the 'Soft Skills' employers are looking for and how these tie into our MCA Traits.

This is quite often followed up at the end with a quiz or solving a riddle related to the career highlight. Every tutor group has a chance to win a bag of sweets by getting the most questions correct.



The Top 10 Soft Skills

 Communication	 Self-motivation	 Leadership	 Responsibility	 Teamwork
 Problem solving	 Decisiveness	 Ability to Work Under Pressure and Time Management	 Flexibility	 Negotiation and Conflict Resolution

Careers



On Monday 18th November we welcomed 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 and The Norfolk and Norwich. Ian also works with schools to help their students to understand and engage with the many healthcare careers available.

Ian also founded the Big Biology Day that is held every year in partnership with the Cambridge Festival. BBD was founded in 2012, by Ian Harvey, biologist and former Head of Biology at Hills Road. He describes BBD as

"a chance for young minds and their families to get close-up and personal with biology."

For more information about the Big Biology Day:

<https://www.hillsroad.ac.uk/latest-news/11-years-bbd-2024>



Did you know at MCA we have.....

Our independent Careers Advisor, Nicki Howe, is in the academy once a month. Nicki spends a day seeing students through an appointment system.



Nicki is a level 7 qualified career guidance professional and currently works with

students from Years 7 - 13.

'I have a passion for careers work and believe very strongly that all young people have an entitlement to a full and stable careers education, information, advice and guidance experience.'

As well as Nicki Howe we have Mrs Seaney, who is our Careers Administrator.

Mrs Seaney organises career information opportunities and events. Mrs Seaney also works with students - signposting and sharing information about 6th Form, colleges, T-Levels, Apprenticeships and general career information.

Contact details: jane.Seaney@attrust.org.uk

Local College Visits

On Wednesday 11th December we hosted three local colleges – West Suffolk College, Cambridge Regional College and the College of West Anglia over the students lunch times.

All students had the opportunity to speak to representatives from the colleges about the college and apprenticeship pathways when leaving secondary education.

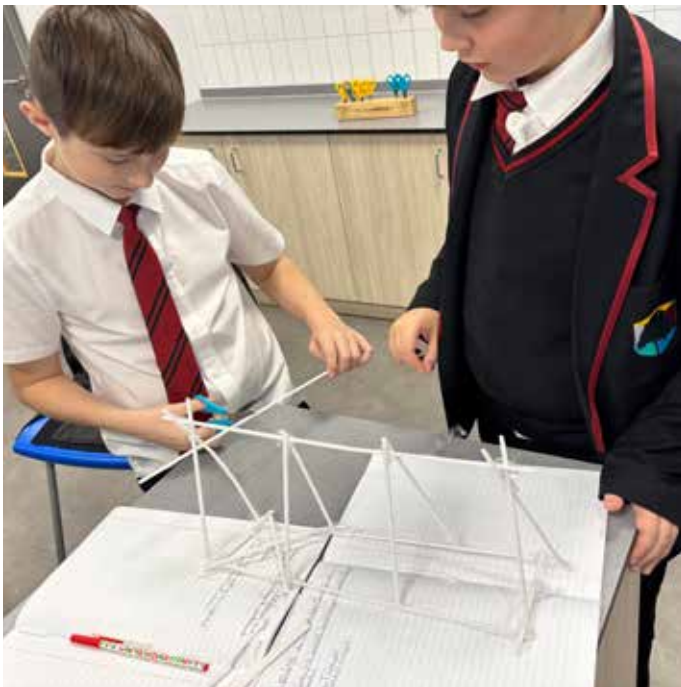
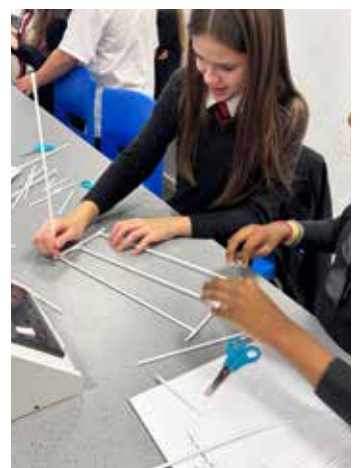
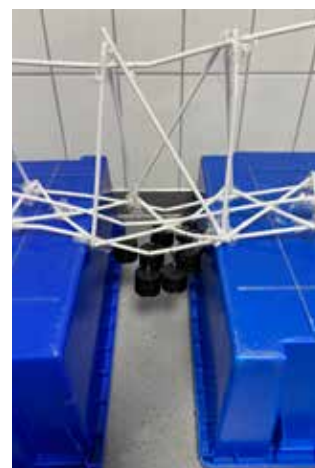
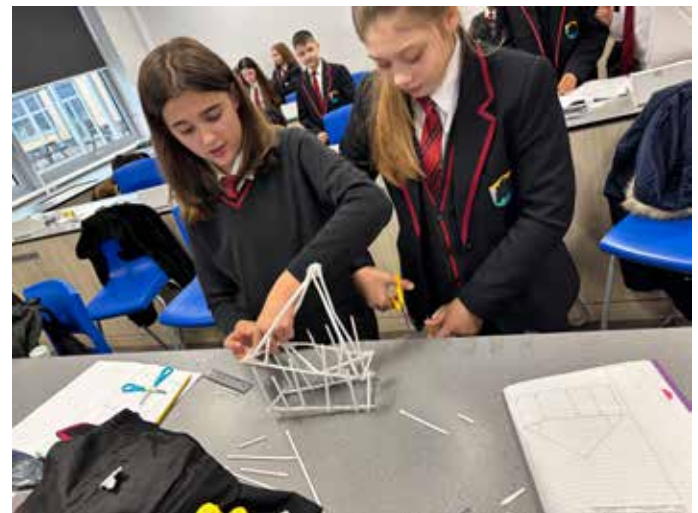
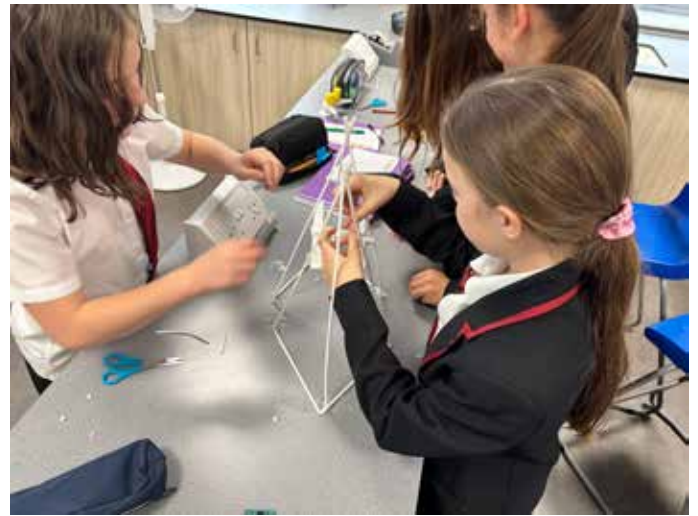


Science Faculty

Here are some images taken from Dr Hobbs' Year 7 Science lesson on Forces.

The students had to design a bridge to hold as much mass as possible. They had 40 mins to come up with their design and construct it using only 15 paper craft straws and sellotape.

The winners were Sasha Simpson and Mehar Saini who managed to construct a bridge that held 1.7 kg.



Art Trip

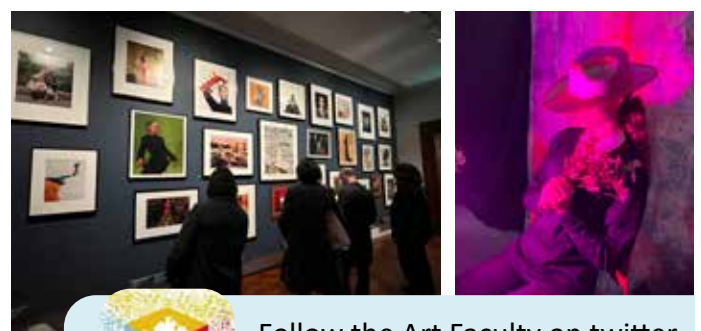


GCSE Art Trip to the National Portrait Gallery and the National Gallery, London. On October 25th, a group of Year 10, 11, and Sixth Form students enjoyed an inspiring art trip to two of London's most iconic galleries: the National Portrait Gallery and the National Gallery.

Students had the chance to explore a wide range of artworks, including masterpieces such as *The Haywain* by renowned Suffolk artist John Constable. This was an incredible opportunity for students to engage with world-famous paintings and gain insights into the history and techniques behind them.

A select group of students also participated in a fascinating photography workshop at the National Portrait Gallery, exploring the theme of identity through the lens of contemporary art.

It was a day full of creativity, discovery, and learning, and we'd like to extend our thanks to all the students for their enthusiasm and to the staff who supported the trip, making it such a memorable experience.



Follow the Art Faculty on twitter
@MCAartdept

Art Faculty

Life Drawing

Sixth Form art students recently visited the Old Jet Art Centre in Rendlesham for a life drawing session. For many, it was their first experience of drawing from a live model.

The session focused on improving observation skills, with students exploring anatomy, proportion, and perspective. The hands-on approach provided a valuable opportunity to practice in a real-world setting, offering a fresh challenge beyond traditional classroom exercises.

The experience was both inspiring and rewarding, helping students build confidence and develop their artistic abilities in a supportive and creative environment.



Mural

Sixth Form art students were recently commissioned to design a mural for Mildenhall Town Football Club, celebrating their recent cup win and showcasing their sponsors.

Year 12 and 13 students collaborated on the design, which was brought to life by graffiti artist Gnasher. The mural now stands as a vibrant piece of art in the heart of the community, capturing the spirit of the club and its achievements.

The project provided students with a unique opportunity to contribute to something lasting, and they are thrilled to see their work on display for all to enjoy.

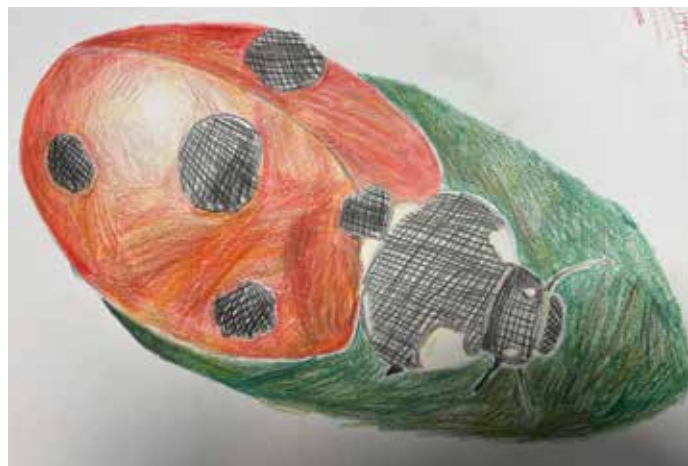
Students involved were Charley Cobbold, Isabel Anderson, Vanessa Wilkens, Ruby Butcher and Izzy Bosomworth.



Art Faculty

Here are some examples of our Key Stage 3 artwork.

Year 9 have been looking at insects and nature and Year 7 have been looking at food.



Royal British Legion

My name is Ruth Creighton and I am the Poppy Appeal Organiser for the Royal British Legion Stonehouse Gloucestershire Branch. We were so thrilled to have our young supporter and volunteer - Year 8 MCA student Samuel Keeble help us this year.

Samuel was part of the volunteer group who staffed the Gloucestershire Motorway Services (Southbound)

Samuel was such a supportive and willing volunteer, extremely polite and well presented. His presence was very much appreciated and his efforts in talking and engaging with members of the public he contributed greatly to the team.

At the Services we were thrilled to raise a substantial part of the overall total for

Stonehouse which to date stands at around £12,319.87

Volunteering can be daunting (especially for one so young) and involves many hours standing and remaining cheerful. Samuel excelled in this and we are most grateful to him - hoping he will help us again next year during our appeal.

Thank you to Samuel and thank you to MCA.



House News

House Competition - Christmas Corner

Towards the end of this term, the students in their tutor groups were set the challenge of decorating a corner of the classroom to bring the Christmas magic to the academy. As ever it never ceases to amaze us the variety of student's creative designs. The house team had the difficult task of then judging the corners choosing the best individual tutor group by house and selecting an overall tutor group winner. Then the scores for each house were added together to identify the winning house. Results are below.



The winning tutor groups:

Austen - A3

Brunel - B7

Cavell - C5

Newton - N1 (Overall winner)

Seacole - S1

The Christmas corner results for the houses are as follows:

Brunel 1st

Austen 2nd

Cavell 3rd

Newton 4th

Seacole 5th



Carol Concert



Attending the academy's Christmas Carol evening was a heartwarming experience that beautifully captured the magic and joy of the holiday season. The evening was a mix of individual solos, the vocal group, band renditions, readings and carols showcasing the incredible talent, effort, and courage of the students. The festive atmosphere was brimming with both excitement and nerves.

'Our amazing MCA Music students rose to the occasion and gave the most incredible musical performances. The spirit of teamwork and togetherness was so evident and made us so proud.'

'It was so fabulous to see so many former students, parents and carers in the audience as well.'

Jane Sayer, Faculty Leader of Music



Music Faculty



Year 7 band from left to right:

Nicoli Moatt, Bella Piper, Thomas Fordham, Ignacy Mamak, Amelia Goodchild, Alfie Hitchcock, Freddie Bearman and Noah Parr.

Several Year 7 students have been coming along to our Tuesday sessions this term to try out a range of instruments. We have 18

regular attendees on the register which is fantastic! A big shout out and thank you to Year 9 students Zack Stanford and Benjamin Kerry-Jefferies who play clarinet and violin respectively, and who have been giving up their lunchtimes to come and help Mrs Wright teach the Year 7s.

Year 7 student, Noah Parr, said:

"I love band because we get to try a variety of instruments before choosing the one we like the most. My mum was surprised that I chose the clarinet, but I love it! I also like that we get to meet with friends and eat our lunch in the classroom before practising. The older students have been great, and Zack has been teaching me how to play my first notes. I can't wait to take my clarinet home after Christmas".

Piano Masterclass

In November a group of our talented musicians were lucky enough to be invited to a Piano Masterclass with world-renowned professional pianist Jeneba Kanneh-Mason. Jeneba played a selection of pieces and then answered some questions.

MCA Year 9 student, Jaden Mosley, played piano to us all and Jeneba was very impressed with his skills.

Year 7 student, Orla Youngs said :

'It was a great opportunity to ask questions about being a professional musician. She was amazing and I was really surprised to find that she was only 21. It was a great trip'.



Sport

Martial Arts

Congratulations to Year 11 student Phoebe Hunt who has recently achieved her first-degree black belt in Traditional Korean Martial Arts. Phoebe has been working towards this for a long time and we are very proud of her achievement.



Swimming

Year 7 student Charlie Madine recently competed in the Mildenhall Sharks Swimming Championships and won gold for 50 metre butterfly and was presented with a special cup and medal.

Charlie also received:

2 silver medals for:

- 50 metre freestyle
- 100 metre freestyle

And a bronze medal for:

- 50 metre backstroke

Charlie swims a minimum of 3 hours every week and it was great to see his hard work pay off.



U12 Girls Touch Rugby

The Year 7 girls headed to their first touch competition of the year. This was a develop tournament, with the aim of introducing students to the game. For most of the team this was their first experience of touch rugby. The aim of this tournament was to help learn the basic principles and rules of the game, through playing. Although there were some early nerves for our team, by the end of the afternoon confidence had increased and you could see a rugby team starting to form! There were some great defensive lines and fantastic runs through to score tries. Well done MCA, what a great start to your rugby careers!



Successful@MCA

U12 Netball

On Tuesday 12th November the Year 7 girls took part in a netball fixture against Thomas Gainsborough School. This was the girls' first time playing together as a team and for quite a few of them, was their first game of netball so was definitely an experience they will remember for a long time to come.

The game consisted of four ten-minute quarters. During the first quarter Thomas Gainsborough played some good netball, making precise passes up the pitch towards their Goal Attack and Goal Shooter which led to them taking the lead 2-0.

During the second quarter, MCA started to show some good defensive play and made some good interceptions which slowed down Thomas Gainsborough a little, at the end of the second quarter MCA were 3-0 down. During the third quarter, MCA started to play like a real team with some good free-flowing play, and great teamwork holding the ball up in our attacking third creating plenty of chances, however MCA could not make any of them count and were 4-0 down after the third quarter.

At this point MCA were feeling hard done by as we felt by now we deserved to be in the game. A few position changes were made and the girls went into the last quarter in full spirit. A change of player in goal attack made a real impression, having an amazing quarter of netball, managing to score a very impressive 4 baskets in total. This was helped by good link up play to get her the ball.

MCA really turned it on in the last quarter which just showed how well they can play together which was brilliant for their first game. The game ended 5-4 to Thomas Gainsborough but MCA came away

incredibly proud of themselves after putting in a brilliant, resilient performance in the last quarter.

U15 Futsal

On Wednesday 13th November, MCA travelled to KEGS for the qualifying round of the Suffolk Futsal Competition. On arrival, we were told that 2 of the other schools had pulled out on the day, leaving one game to be played which was against the hosts, KEGS.

The game was split into two halves, to make the journey worthwhile and getting enough game time in, with the first half counting towards the official result. KEGS started well, with MCA starting slowly and struggling to find the next gear. This resulted in KEGS taking advantage early on and scored a couple of good goals.

It didn't take long for the first goal to be scored. KEGS continued to battle well and work hard for each other throughout the game which resulted in them eventually winning the game. Some good performances and hard work from Robin Munro and Ben Cross was not quite enough on the day. Unfortunately for MCA, after winning the competition, for the last two years, we are knocked out at the first hurdle.

U16 Girls Touch Rugby



The girls headed to Stowmarket Rugby Club for their first tournament of the year. It was

Sport

a very chilly and windy afternoon, so we were wrapped up as best as possible. This was a development tournament with the aim of supporting players in understanding the principles of rugby.

Our first game was played alongside some girls from Stowmarket High and we were against Thurston. This was a 12 v 12 game which was new for most of our girls. This was a tight game and there were some great defensive tactics applied. We held Thurston at bay for most of the game, but unfortunately they just edged us out winning 2-1. Our second game was against just Stowmarket High. We had less numbers on the pitch so our girls were able to use the space more and apply what we had been looking at in club at school.

Finally we played County High School, which was another tight game. By this point a lot of our players were struggling with the cold, fingers were becoming numb and the temperatures were still dropping. Considering the conditions they had to play in, our girls did brilliantly. Well done and thank you for being resilient.

Leadership Cheerleading Festival

Some of our leaders headed to the Jubilee Centre to judge the Primary School Cheerleading Festival. This years theme was all about books! We had routines from Charlie and the Chocolate Factory and Matilda, amongst others!

Our leaders were required to judge each dance on a range of categories and present the awards at the end. They did a fantastic job and had an efficient system going.

We also took some Year 11 prefects to run a tuck shop during the performance. Elise Rossall and Nicole Nunes sold hot and cold

drinks, cakes and biscuits to parents, carers and competitors. They did an amazing job and managed to raise £101 for Prom next year! Thank you to all involved and a massive well done.



U13 Netball

The Year 8 girls headed to their first Netball game of the year against Thomas Gainsborough and Stowupland. The girls got to play 3 games, consisting of two 8 minute halves, the girls first played Thomas Gainsborough first team, who put up a good defence and attack and the girls lost 6-0.

This did not deter them from playing even better in their next match.

Their second game was against Thomas Gainsborough second team, and although the girls lost, they had improved from their first game by finding space and intercepting lots of passes. The score for this second game was 4-0 and the girls defence had improved massively during this game.

The final game was against Stowupland, seeing a score of a 2-1 loss. The girls played exceptionally well showing a good level of defence and attack, leading to them scoring. They stayed positive and determined throughout and I am really proud of them for their first game this year, even if it was freezing outside!

U14 Boys Basketball

The boys went over to Haverhill for the basketball fixture, competing against Ormiston Sudbury Academy, Castle Manor and Samuel Ward Academy. The boys finished 3rd with a defeat in the first game to a very strong Castle Manor side.

In the second game the game was much tighter with a heartbreaking final second lay-up handing Samuel Ward a 16-14 victory. The boys were spirited in their performance with some 'learning on the job' needed for them to get a foothold in the games.

The boys were mostly dominant under both baskets with Deep Randhawa's height crucial in retrieving a host of offensive and defensive rebounds. Matthew Cooper's calm composure on the ball allowed the boys to take up some good attacking positions which contributed to the majority of the baskets scored in and around the key.

Kaden Heffer's clinical close basket shooting kept MCA alive in the first and ran a team of county level basketballers in the second. We are all very proud of the boys' effort and equally disappointed they couldn't walk away with a deserved victory to show for it.

U13 Futsal

MCA hosted a 4-team futsal tournament between King Edwards, County High, MCA pink and MCA yellow.

The first game was between MCA yellow and County High. The game was a tense and quite nervous affair with both teams exchanging possession and not able to put together any meaningful attacks. Any shots at the MCA Yellow goal covered by James Tunstall. After a mix up at the back MCA Yellow conceded a penalty which was dispatched by the County High striker to give

them a 1-0 lead. MCA Yellow then began to look dangerous and Leo Gamzoo was played through brilliantly by Harry Winstone and he unselfishly squared this to Jaxon Hoskins who tapped home from close range.

Sean Doyle then found Ka'Mari Jones-Clarke in space but his shot was tipped around the post by the County High Keeper. With the game looking like it was going to end all square MCA capitalised on a defensive error and were correctly awarded a penalty.

Ka'Mari Jones-Clarke stepped forward and blasted the ball home which was the last kick of the game. **MCA Yellow 2-1 County High**

MCA Yellow's second game was against King Edwards. This proved to be a very tight affair and both teams had good chances early on but failed to capitalise. James Tunstall was the stand out in this match and pulled off several great saves to keep the match scoreless. The best chance of the game dropped to the danger man Jaxon Hoskins but his shot was brilliantly tipped over the bar. **MCA Yellow 0-0 King Edwards**

MCA Pinks' first game was against King Edwards. MCA Pink were able to settle the nerves instantly as Max Rutter played a superb pass through to Oliver Wells who slid the ball beyond the King Edwards keeper.

King Edwards then began to press but thanks to the defensive effort of Reggie White and Samuel Kempa the MCA Pink's sheet remained unblemished. MCA Pink doubled their lead and it was a wonderful solo effort from Reggie White who stepped in front of the King Edwards striker, beat one defender and then toe-poked the ball under on the on rushing King Edwards goalkeeper. MCA Pink were comfortable at this stage and were



able to soak up the King Edwards pressure before launching several dangerous counter attacks.

The third goal was a thing of beauty, MCA Pink played their way out of the back and Samuel Kempa rolled the ball to Ethan Dixon who tucked home from close range. ***MCA Pink 3-0 King Edwards***

MCA Pink's second game was against County Upper. Again MCA Pink made the best possible start and after a blistering strike from Max Rutter was spilled by the County High keeper it was Ethan Dixon who reacted fastest to bundle the ball over the line. MCA Pink didn't stop there and Oliver Wells played a lovely bounce pass with Reggie White who then found Ethan Dixon in space who lifted the ball over the keeper to double their advantage.

Any attacks that County High were able to make were stopped emphatically by David Kurcon. Ethan Dixon then grabbed his second of the game. Max Ruter was again

involved and his drilled pass into Ethan Dixon allowed him to roll the defender and find the far corner with aplomb.

County High did pull one back and after a well worked move the County High striker drilled the ball past David Kurcon. County High then threatened to grab another but David Kurcon smothered the ball when it looked certain the County High striker would score. The game was then put beyond all doubt after Samuel Kemp was able to drill the ball across the goal for Ethan Dixon to tap home and complete a superb hat-trick. ***MCA Pink 4-1 County High***

All games were under the experienced stewardship of Mr Barrett who allowed the games to be played at the highest possible standard. The boys conducted themselves superbly and showed great teamwork and sportsmanship throughout. With both teams vying for top spot it came down to the final game between both Mildenhall teams. The game was tense at first but both teams were solid in possession and were cautious

Sport

not to throw too many men forward. Max Rutter had the first real opportunity but his shot was saved by James Tunstall. The deadlock was finally broken after Jaxon Hoskins capitalised on a square pass he raced through and poked the ball beyond David Kurcon, the ball glance the post and trickled over the line.

MCA Pink then threw everything at MCA Yellow and Oliver Wells and Ethan Dixon had their shots blocked by the superb defending from Leo Gamzoo and Sean Doyle. MCA Yellow then caught MCA Pink with a blistering counter-attack and Jaxon Hoskins rolled the ball into the path of Sean Doyle who rolled the ball into the bottom corner.

MCA Yellow 2-0 MCA Pink

U14 Boys Football

The boys were drawn at home to Culford in the third round of the West Suffolk Cup. With treacherous, sub-zero, blustery conditions the scene was set for an entertaining end-to-end game.



Basketball-like in some phases of play, there were a mass flurry of shots on goal from both sides. Despite there being a lack of clear-cut, guilt edged chances some great goalkeeping from both sides shot stoppers kept the scores level in the early exchanges. Mid-way through the first half a strike from the edge of the box from Culford's center midfielder was collected by the wind and

sailed in to the roof of the net giving Culford the lead mid way through the first half.

MCA struggled to gain a foothold in the game for the rest of that half. A much better start to the second half saw a good defensive display limit Culford's chances and some stronger domination of the midfield gave MCA the chance to create some good chances.

More good saves from Culford's keeper kept the MCA pressure on but a 1-0 lead still on the scoreboard. A strike from Culford's centre half which was, again, picked up by the wind sailed into the top corner giving Culford a 2-0 lead, despite MCA's pressure, and took the wind out of the MCA sails. MCA's 2024/25 West Suffolk Cup came to an end.

U15 Boys Rugby Development Tournament

On the 26/11 MCA travelled to Stowmarket Rugby Club to take part in a development tournament against various local schools.

MCA were placed in the development league and played our games against OSA Sudbury, Ixworth and Breckland. MCA put up a strong display against these teams with winning 1 and losing 2, one of those being very closely contested. MCA played OSA first, it took the boys a little while to get the hang of the game and to organise themselves. Once they were organised they prevented OSA scoring any more tries. MCA's second game was against Breckland where we started well with Max Rose breaking through and scoring the first try, quickly followed by 2 more tries. Max Oakley and Harry Seaforth also gave strong displays in this game ensuring the Breckland players did not get through on

their many attempts. This game finished 20-5 to MCA. Our final game in the development league was against Ixworth where again MCA shined with their tackles and their ability to stop Ixworth getting through.



MCA then qualified into the final round playing against Newmarket which started the day in a higher league. Key performances stopped Newmarket with some excellent tackles and defensive tactics but unfortunately this was not enough as MCA failed to score a try.

The boys displayed themselves excellently and did me and the academy proud with their teamwork, determination and resilience. Well done boys!

U14 Badminton

The U14 badminton team had their chance to prove themselves at Newmarket Leisure Centre on Thursday 5th December. There was a boys' team and a girls' team, teams consisted of four players- two individual players, and one doubles pair. Toby Liles was our top ranked player and won two out of his three games. After losing his first game narrowly by a few points he really found his stride, winning the next game 15-3 and his final game an incredibly close 15-14 against a player from Ormiston Sudbury.

The doubles pair for the boys with their best game a win of 15-9 against Stoke College. Due to the good performances from the boys, they came top overall (against Stoke College, Newmarket and Ormiston Sudbury) meaning they will progress to the county finals in Ipswich on Friday 24th January, well played boys!

The girls also put in some resilient performances, unfortunately they didn't quite make it through to the county finals like the boys but good individual play from Guste Raudonyte and Evie Byrne and teamwork from Annabel Slack and Erin Bailey meant that they still really enjoyed themselves. Overall, a successful trip for MCA.

U13 Football Tournament

The Year 8 football team travelled to King Edwards for a 4-team tournament. Both MCA and King Edwards were able to enter 2 teams.

The first game between MCA "A" and King Edwards "A" was a close contest to begin with and Alfie Darkins was unlucky not to make it 1-0 but his shot cannoned off the post. MCA continued to press but lost 2 goals in quick succession and never really recovered from this point. Riley Blowers kept the score at 2-0 with some outstanding saves and Sonny Brackenbury came closest to pulling one back but his shot clipped the top of the cross bar. Kings Edwards then grabbed two late goals which were a little harsh on MCA. **King Edwards "A" 4-0 MCA "A"**

The second game saw MCA "B" take on King Edwards "B". This game was a close game right from the start and both keepers were called into action early to keep the game

scoreless. The deadlock was broken after a lovely move down the right where the ball was slid through to Henley Greenacre who blasted the ball low past the King Edwards' goalkeeper. MCA continued to press and were rewarded for their efforts. Oliver-James Geen finessed the ball into the far corner to make it 2-0. Any King Edwards attacks were swiftly dealt with by Lukasz Kurcon who was solid in defence all evening. MCA added a well deserved third after a shot from Elliot Downing was parried by the King Edwards' goalkeeper. It was Oliver-James Geen who was quickest to react and his shot trickled over the line despite the best efforts of the King Edwards' defenders. **King Edwards "B" 0-3 MCA "B"**

The third game was King Edwards "A" face MCA "B". Both teams won their opening game so it was very much a clash of the titans. The game was quite tense and neither team registered an early attempt at goal.

King Edwards had the best opportunity but the deflected shot was pushed over the top of the crossbar by James Tunstall. Finley Payne then made his way forward from a corner but his header skimmed the outside of the post and went wide. MCA got the only goal of the game and after a swift move down the left the ball found the feet of Henley Greenacre whose disguised pass found Oliver-James Geen who tapped home from close range. MCA were able to keep a clean sheet and take a narrow victory. **King Edwards "A" 0-1 MCA "B"**

The final game was King Edwards "B" face MCA "A". Unfortunately King Edwards were just too strong for MCA in this match. Despite the best effort from Tyler Fincham and Riley Blowers MCA found themselves 3-0 in very quick succession. Alfie Darkins did his best to pull one back but his shot

was brilliantly saved by the King Edwards goalkeeper. King Edwards added two more goals late on when MCA were pushing to try and get on the scoresheet themselves. **King Edwards "B" 5-0 MCA "A"**

U15 Football vs Newmarket

On Tuesday 3rd December, Newmarket travelled to MCA in the next round of the West Suffolk Cup. After a convincing win in the last round, MCA went into the game full of confidence.

However, they went 1-0 down. After a potential offside, Newmarket were through on goal, and put the away team 1-0 up. MCA had started the strongest, dominating possession throughout the half, although struggled to find the final pass (or get it right), which got frustrating for the home team. It took a well taken free-kick to get us back on level terms. Soon after though, MCA went 2-1 down, due to some miscommunication at the back. Again, MCA had some work to do.

They continued to battle hard and dominate the ball, eventually paying off again with a deflected Max Rose on target strike, just coming off the back Robin Munro's leg. 2-2 and all to play for in a good first half from both teams.

The second half saw a more clinical MCA, where Newmarket struggled. Callum Clarke once again held his own, and the defense had a stronger second half, with Ben Cross controlling from the back and distributing the ball well.

For MCA to go ahead, it took another great piece of individual play from Henry Edwards on the right-hand side, getting through two players, before being able to enter the box and fire home. From here on in, it was all

Sport

MCA and the goals kept coming. Robin Munro got his 'second' of the game, Henry managed to complete his hat trick Joshua Langley was able to get on the score sheet for his first goal for the school and unbelievably rounded off by Bailey Gibbs, who managed to chip the keeper from 20 yards out.

Overall, the boys again showed what a great team they are, with individual performances as well as a strong team one. Resilience paid off in the end and MCA managed to win the game 7-2 and are now through to the semi-finals against King Edwards in the new year.

U13 Girls Futsal



On Thursday 12th December, the U13 Girls Futsal tournament took place at MCA. The tournament consisted of two other schools, Samuel Ward, and County High. The first game saw the two away teams face each other, with a game that was controlled by County High. They won 4-0. MCA's first game was against Samuel Ward.

It took some time for the girls to grow into the game and build confidence, however Sophia Coker was defending well at the back. MCA went 1-0 up, through some hard-fought work by Aaliyah Helstrip, who then played the ball to Ellecia Paflin, who managed to

find the back of the net. Samuel Ward then equalized with a clever finish, nothing Ella Brewer could do in goal. With the game evenly poised, it could have gone either way.

However, with another great bit of play by Ellecia, she managed to put MCA 2-1 ahead with her second goal and on second to play. A great 2-1 win for MCA in their first game.

The second game was then set up nicely, with both MCA and County High winning their first games, whoever wins goes through. MCA started quickly and fast, with another two great finishes from Ellecia putting MCA 2-0, before a lovely little finish making it 3-0 at half time.

Lola Tucker and Hannah Langley worked hard and kept winning the ball back, creating more opportunities for the hosts. 3-0 at half time out MCA in the driver's seat. The second half was a different story, back-to-back games saw MCA tire and run out of steam. Ella Brewer made a world class double save to keep County High at bay, however it wasn't quite enough. County High dominated the second half scoring five powerful goals, to win the game 5-3.

The games were overlooked and marshalled by the experienced Mr Barrett who didn't put a foot out of play. The girls played extremely well, for the first time as a team, and represented the academy well. Great effort team!



Follow the PE Faculty on twitter
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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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Clubs and Activities

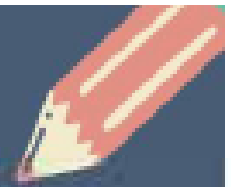
Clubs and Activities A U T U M N 2024



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 Football (B) Wellbeing Club - S1 (B)		
After School	Homework Club Session 1 - 3:30 - 4:00 Session 2 - 4:00 - 4:30pm (A&B) Band - S13 (A&B)	Homework Club Session 1 - 3:30 - 4:00 Session 2 - 4:00 - 4:30pm (A&B) Chess Club - F11 (A&B) Netball (A&B) Year 9, 10 & 11 Basketball (A&B) Year 9, 10 & 11 Football (A&B) Aladdin Cast Rehearsals - G15 (A&B)	Homework Club Session 1 - 3:30 - 4:00 Session 2 - 4:00 - 4:30pm (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) Aladdin Cast Rehearsals - G15 (A&B)	Homework Club Session 1 - 3:30 - 4:00 Session 2 - 4:00 - 4:30pm (A&B) Neurological Club - F17 (A&B) Volleyball (A&B) Year 7 & 8 Football (A&B) Aladdin Music Rehearsals - G15 (A&B)	Homework Club Session 1 - 3:30 - 4:00 Session 2 - 4:00 - 4:30pm (A&B) French Club - F9 (A&B)



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!

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





Teamworkers

Together Everyone Achieves More.



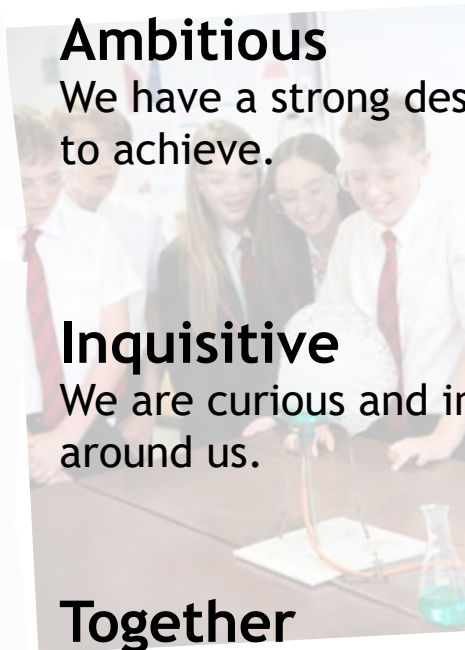
Resilient

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.



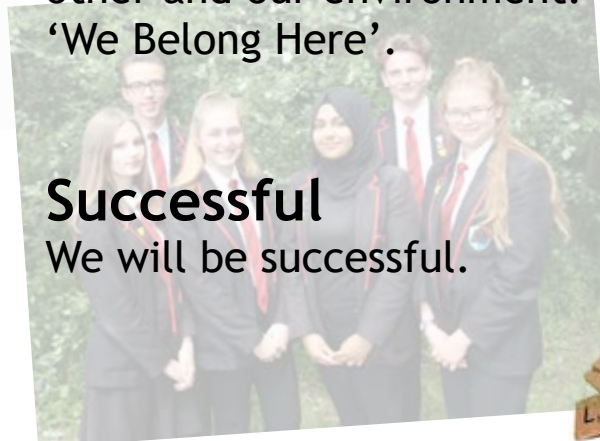
Together

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