

February 2025



Newton 2 Valentine's Corner

Principal: Mr J Oxley

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

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

Twitter: @MilCollege | Facebook: Mildenhall-College-Academy

Welcome

Dear Students, Parents and Carers,

Spring One is one of our shortest half-terms but it has certainly been a busy one! I am so proud to see the great range of opportunities that our students at MCA have engaged with. Our attendance continues to improve and is above the national average and is one of the highest in the Trust.

My mission to improve engagement with parents and carers continues with pleasing levels of attendance at our Parent/Carer Information Evenings and our brilliant SEND coffee morning with Miss McGahan and the SEND Team. Mr Goodenough has held some progressive forums with parents and carers to discuss pressing issues that relate to our environment and how we tackle bullying. I would like to thank all parents, carers and students who recently completed our survey which will provide us with further ideas to continue our journey of enhancement.



We have had a flurry of extra-curricular visits at the end of this term and I am pleased that so many of our students got to experience some fantastic trips that included the Natural History Museum, a Tudor Tour of London, The Sainsburys Gallery and Shrewsbury Prison for our Social Scientists.

A special thankyou must go to our Year 11's who received their mock results last Wednesday. This was an important event which demonstrates the actual result's day routine.

Seeing the grades on paper is an important moment and I was proud of our students who reacted to their grades with real maturity. Nearly every student I spoke to was keen to push on and achieve higher grades. We have seen our projections for English and Maths increase since the start of the year which is highly encouraging. Our Year 13's will take part in a similar process this week with projected grades giving us a strong indication of potential progression beyond key stage 5.

Preparations for the proms are well underway and I am sure that our Year 11 and Year 13 students are looking ahead to these celebrations which will be important milestones of their time with us at MCA.

The MCA⁶ Taster Day was a great success and it was fantastic to have so many of our Year 11's engaging with the rich variety of taster lessons on offer with many students intending to move onto MCA⁶ next year. We will continue to support our Year 11's with their next step decisions and will ensure that every student is well-informed and advised on the next exciting phase of their education.

Welcome

We will continue to support our Year 11's with their next step decisions and will ensure that every student is well-informed and advised on the next exciting phase of their education.

Our drive to celebrate success and recognise achievement continues with a record number of 'Great Lessons' and TRAITS points recorded over the past six weeks. I was pleased to issue a number of letters to students who have received excellent Progress Reviews. We also sent letters out to over 50 students who have shown significant improvement in their attitude to learning. It is important to recognise this progress and I am proud of the students who have clearly worked hard to engage with us more and make a positive change that will no-doubt benefit their future options if they continue with their efforts.

A final thankyou to my amazing and hard-working colleagues who have tirelessly supported our MCA community through a busy, cold and wet half term with so many achievements to be proud of. I wish everyone a restful and safe half term break and we look forward to welcoming our wonderful students back after the holiday.

Best Wishes



Mr J Oxley
Principal

Work hard; be kind

Working together; supporting individuals



ATT Careers

Check our website for
our latest vacancies

www.mildenhall.attrust.org.uk/vacancies/



Dates For Your Diary



Last Day of Half Term - Friday 14th February

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

Students Return - Monday 24th February

Year 13 Parents' Evening - Thursday 27th February

Prefect Trip to Thorpe Park - Tuesday 4th March

GCSE Options Evening - Tuesday 18th March

PD Day - Friday 28th March

Last Day of Term - Friday 4th April

Easter Break - Monday 7th April - Monday 21st April

Students Return - Tuesday 22nd April



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

'Wicked' Theatre Trip

Selected Year 7 students visited the London Victoria Apollo Theatre on Wednesday 15th January which for many students was their first trip to a West End Musical.

Students were impeccably behaved and a credit to MCA.



Chess Club

This half term at Chess Club, we have started doing sessions at lunchtimes as well as our normal after school sessions. We were aware that some students are not available to stay after-school, so this expansion of our club will allow us to share the joy of the game of chess with as many MCA students as possible.

The new sessions have received a lot of support from students and our team have worked incredibly hard making sure that each and every student enjoyed their time at the session as much as possible. At our after-school sessions, we have started to let our new leaders that will take over in September practice their skills. One of our Year 9's,

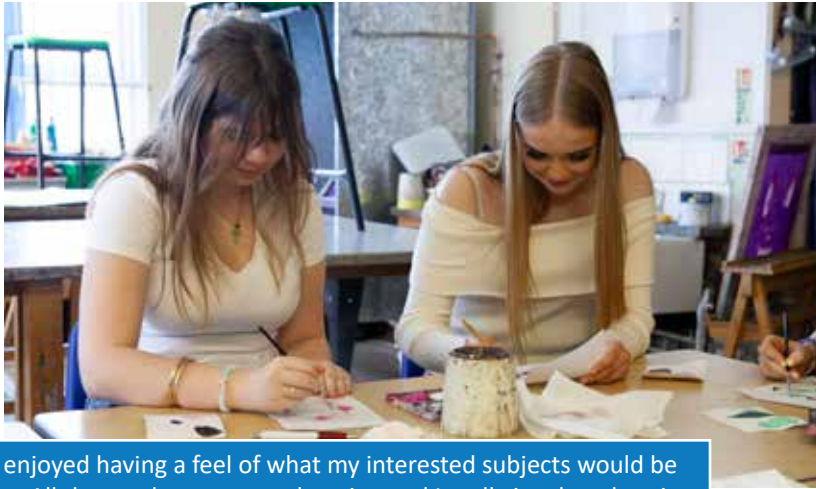
Ahamed Sharfan, came up with a brilliant set of puzzles that really got us thinking! They included getting us to take advantage of a mistake from the opponent, as well as identifying tactical strategies to help win the game.

Our sessions now run on Monday lunchtimes in the main library, as well as Tuesdays after-school in Room F11. If you enjoy a game of logic and strategy, why not make that first move by joining Chess Club?

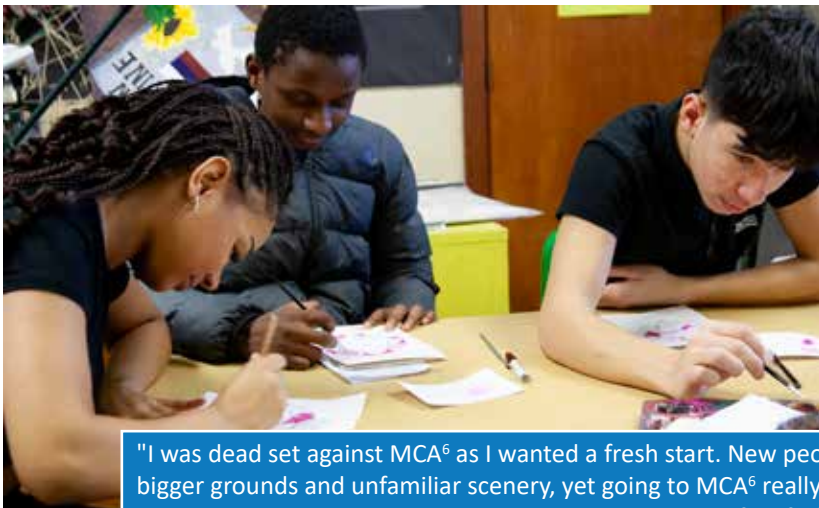
We hope to see you there!



Taster Day at MCA⁶



"I enjoyed having a feel of what my interested subjects would be like. All the teachers were welcoming and I really just loved seeing the different options I could take."



"I was dead set against MCA⁶ as I wanted a fresh start. New people, bigger grounds and unfamiliar scenery, yet going to MCA⁶ really shocked me in how much I actually liked it. I think it will be a perfect fit for me."



Taster Day at MCA⁶



"The variety of subjects gave me an idea of what I'll be learning when I hopefully attend here. The classes were relatively small, so it wasn't too loud or stressful."



"I enjoyed getting a hint at the more relaxed, laid back way of things at MCA⁶, and getting to see what they do in each lesson."



"I loved being there to be able to explore the Sixth Form and being treated like an actual Sixth Former and it has made me really excited for hopefully coming to MCA⁶ after Year 11."



World Kindness Day

At the end of November it was World Kindness Day. To recognise this day we challenged tutor groups to create a poster about kindness.

Here are the winning designs as well as some examples of the high quality of entries.

Newton 1 (First Place)

Amanda Basil and Alexis Beighton from N1 created this pretty acronym design with great advice!

Kindness can make a difference in a child's mental health

In times of trouble take a breath or maybe ask for help

Nurture everyone's feelings to create a warm environment.

Don't keep it bottled up, let your feelings out.

Never speak without thinking, you can't take it back.

Even though times are tough, show people that you care.

Spread the kindness

Sometimes you just need to BE KIND.



Newton 4 (Second Place)

This creative poster is by Imogen Lee of N4!

Take some time to read the ways N4 have suggested we can all complete Random Acts of Kindness.

We love your imagination N4 & Imogen.



World Kindness Day

Seacole 7 (Third Place)

Another bold and stunning acronym design using our TRAITS. Created by S7!
Inspirational messages.

TEAMWORK "Together everyone achieves more"/ "There is no I in team".

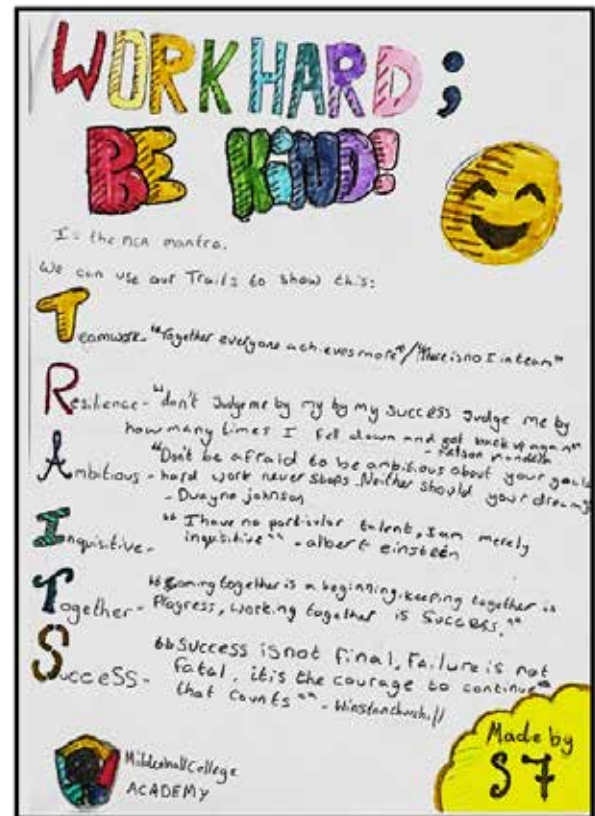
RESILIENCE "Don't judge me by my success, judge me by how many times I fell down and got back up again" Nelson Mandela

AMBITIOUS "Hard work never stops. Neither should your dreams" Dwayne Johnson

INQUISITIVE "I have no particular talent, I am merely inquisitive" Albert Einstein

TOGETHER "Coming together is a beginning, keeping together is progress, working together is success"

SUCCESS "Success is not final, failure is not fatal, it is the courage to continue that counts" Winston Churchill



Here are some examples of the other entries:



SEND Coffee Morning

We held another successful SEND coffee morning at the end of January. The parents and carers who joined us found the opportunity to talk to other parents/carers of students with SEND needs highly beneficial.

We were also joined by both MHST and SENDIASS who provided information on the support they can offer for young people and their families. For those of you who were unable to join us, the information for both SENDIASS and MHST is below.

Suffolk SENDIASS Service -
www.suffolksendiass.co.uk

Mental Health in School Team -
www.nsfh.nhs.uk/service-details/service/mental-health-support-teams-mhst-east-and-west-suffolk-50/



Our next SEND Coffee morning will be on **Tuesday 29th April**. More information will be circulated closer to the time.

Suffolk Young Carers

We recently held another successful Young Carers meeting at MCA. The theme was Christmas and we watched a film and made some Christmas decorations along with some snacks and hot chocolate.

Please see below a link to information regarding a free 'Caring for Children with Autism' workshop provided by Suffolk Young Carers. They are offering support for parents/carers of children with Autism. All the information can be accessed via the following link:

www.suffolkfamilycarers.org/events/caring-for-children-on-the-autism-spectrum-wellbeingfor-family-carers/



Year 11 Mock Exams

During the first week of February we launched the '100 Days to Success' with our Year 11 students and spoken about how much can be achieved in this time.

On Wednesday 5th February, the Year 11 students received their mock results and they are now action planning to maximise success in the Summer.



Valentines

On this valentines week Tutor Group Newton 2 decided to create a Valentines corner to share the love and kindness.



Reading Rockstars

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

To celebrate and promote reading for pleasure here at MCA, we have now introduced a new reading reward scheme where students can earn a bronze, silver or gold badge dependent on the number of books they borrow and read. This badge can be worn on the student's blazer to recognise their efforts and to promote the benefits of reading for pleasure. We have now introduced an extra incentive where students who have received all the badges will continue to be rewarded by receiving Waterstones vouchers.

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

Our top reader since the start of the new academic year is Ivie Aimufua (Brunel) with 33 books. A close 2nd position is Kaitlyn Fuller (Seacole) with 28 books and in 3rd position is Shammah Sayidi (Seacole) with 20 books



Natural History Museum



On Tuesday 11th February the Geography Faculty took a group of Year 9s and Sixth Form students on a trip to the Natural History Museum, London. Detailing the many fascinating details about our planet, its formation, and some of the issues the world is facing. The museum is a great place to show Geography in action!

Year 9 students completed a workshop called LEGO Build the Change: Save Our Planet, in which they were tasked with solving some of the issues affecting our rural areas through innovation and invention, all modelled using the classic toy bricks. Students showed great ingenuity in considering the issues and the many stakeholders, including green roofs, a greenhouse school, an engine-less tractor, and a drone that fired seeds into the ground from above to help restore our natural environment.

After lunch they joined with our MCA⁶ students for a Meet the Scientist talk, in which they heard all about fascinating work on reconstructing our planet's past climate – using fossils! Students had the opportunity

to ask questions about careers in research and were given the chance to get up close with some ancient fossils.

In between there was time to explore the Restless Earth sections where they got to learn about our planet's interior and had a chance to experience the museum's famous earthquake simulator. Later we took a quick trip through the dinosaur exhibition and of course the gift shop, where students picked up cuddly dinosaurs and even a LEGO T-Rex skull.

All students on the trip were exemplary throughout and the Geography team would like to thank them for being so thoughtful,

engaged and inquisitive throughout – they really did MCA and themselves proud!



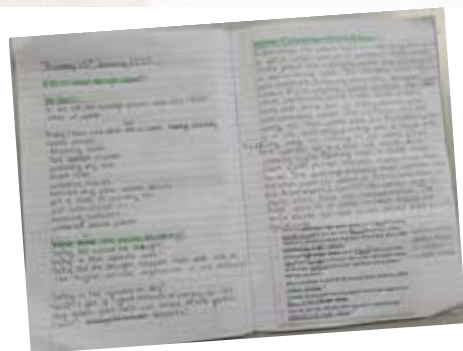
Geography Faculty

8Q1 worked together to create acrostic poems about deforestation. There are two good examples here:

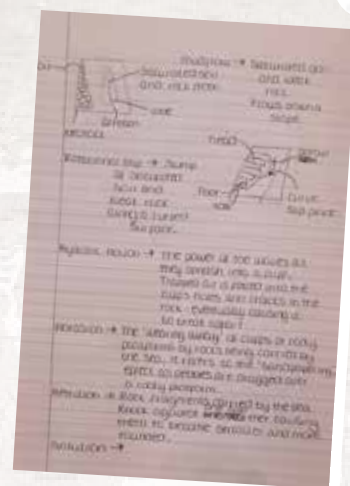
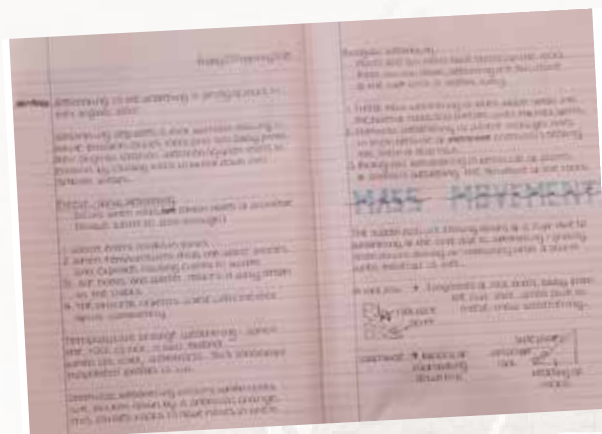
Don't cut down our trees
Economic-only thinking
Flooding happens more often
Orangutan habitat lost
Ranching is a cause
Evacuation happens more quickly
Soil erosion
Trees provide oxygen
Action needs to be taken
Temperature is rising
Income is lost in the end
Oil from oil palms is taken
Nutrients are lost



Year 8 Geographers have been looking at geographical issues:



Year 10 Geographers looked at Coasts as well as the impact of earthquakes:



Year 9 were tasked with the question 'What is the geography of conflict?'



Conflict over the South China Sea

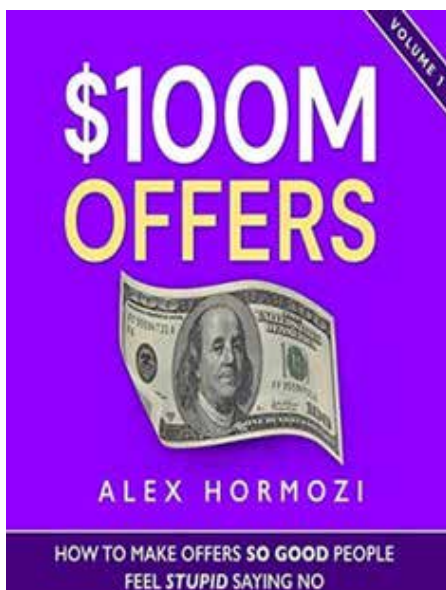
Conflict in Iraq



MCA⁶ Book Reviews

We used some of our Morning Meetings this half-term to share our thoughts on current and favourite reads. We wanted to share a few of the great reviews by our MCA⁶ students. Well done to Naomi Rose and Riley Sharwood who are the lucky winners of some book vouchers in our draw. Up next..... Movie Reviews!

Riley Sharwood reviews *\$100M Offers* by Alex Hormozi

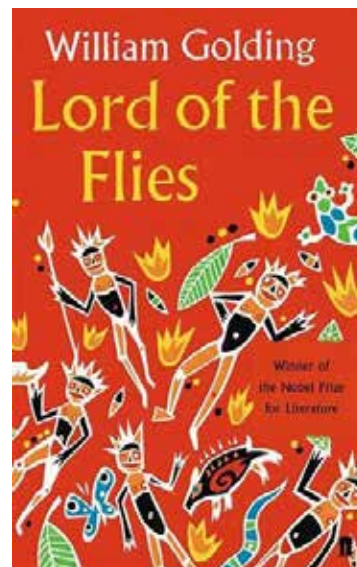


I am doing a book report on \$100 million offers by Alex Hormozi. The book covers some of the basic business principles in respect to making people want to buy your products. It suggests that everything in business is an offer, in which a person gives you money for the value that they perceive from your products.

I found that this book was highly useful and contained very valuable information. Hormozi also presented the information in a way that was easy to understand and used plenty of examples to help explain his concepts. Furthermore, I believe that the techniques outlined are highly successful since they are his own techniques that he developed on his way to amassing his incredible net worth of \$100 million.

Naomi Rose reviews *Lord of the Flies* by William Golding

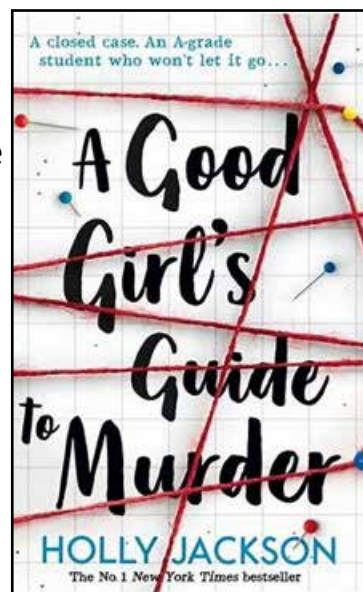
In this book Golding represents society and its problems at the time. The way he does this is captivating and successfully grabs the reader's attention, especially with the unexpected plot twists throughout the novel.



The book also keeps the readers attention with all the different characters, and their personalities. Lord of the Flies is one of my favourite books of all time, and I would highly recommend to someone who is looking for something new to try.

Hannah Edwards reviews *A Good Girl's Guide to Murder* by Holly Jackson

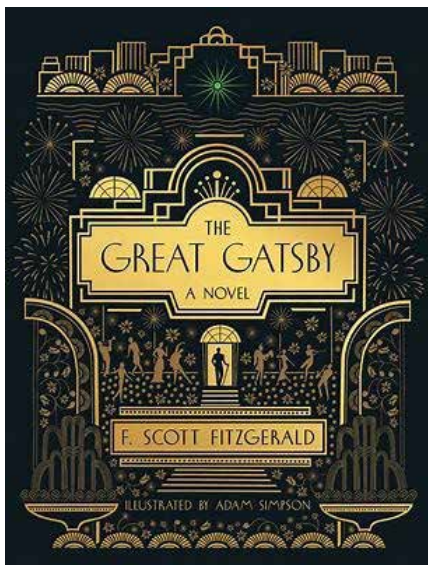
A Good Girl's Guide to Murder by Holly Jackson is an indulging experience and had me hooked completely. It was so good I read it in three days, which is abnormal for me as I usually take a few weeks to read a book. The main character is sitting her A-Levels so I



quite liked that she was a similar age to me. The whole plot was brilliant and constantly had me reading more because I simply couldn't put the book down, and when I did

put the book down it was because I was completely shocked by some of the plot twists. 10/10 recommend, loved it I wish could read it for the first time again.

Caitlin Packham and Chloe Palmer
review *The Great Gatsby* by **F. Scott Fitzgerald**



The Great Gatsby by F. Scott Fitzgerald depicts a 1920s landscape of exuberance and displays the overriding power of the bourgeoisie. Fitzgerald based his female protagonist on his wife Zelda and his metaphorical use of T J Eckelberg depicts the overwhelming power of religion in American society at the time. The exposition features a man named Gatsby who pines over his old love Daisy; however, he finds that Daisy is married to Tom on the West Egg. To lure her from the West to the East, he holds parties of grandeur and enlists the help of Daisy's cousin Nick, who acts as a catalytic force driving both the plot and the romance. A powerful motif used by Fitzgerald through the novel is Gatsby grasping at a glowing green light, representing his and the human desire for a life he cannot reach. The great Gatsby portrays a story of exuberance, love and denial which hooks the reader until the very last page.

Mia Pearson and Jessie Watkins review
Such Charming Liars by **Karen McManus**

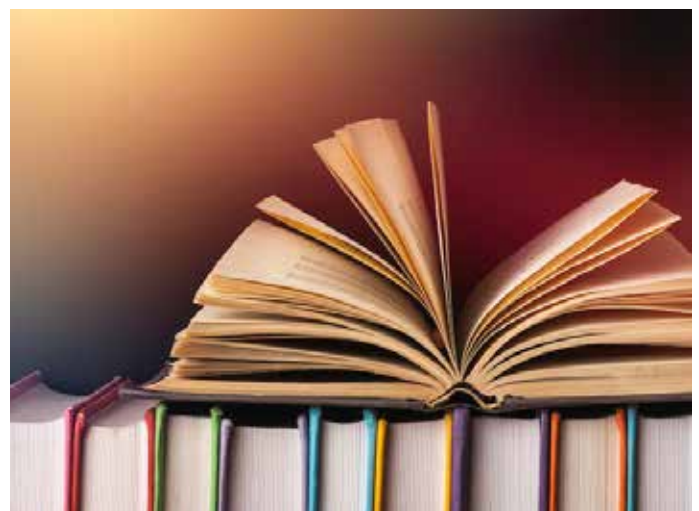
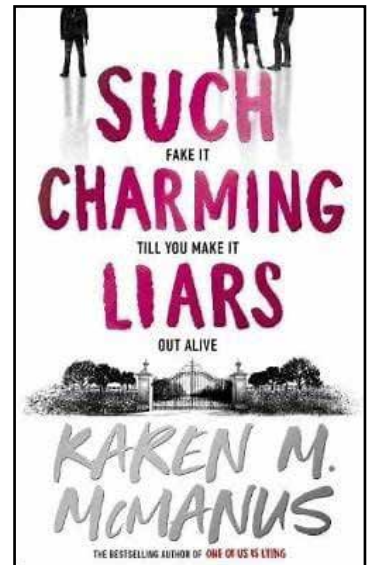
Published:
August 2024

Genre:
Thriller/Action

This book follows two families who are trying to pull off the biggest heist yet.

Kat and her mum travelled to Maine to stay as kitchen staff on a rich families compound. They are con artists who were attempting to steal a necklace. Their plan was turned upside down when they came across the Rooney's – a father and son from their distant past who were also con artists. Following the death of the rich mans son, Kat, Luke Rooney and a boy called Augustus needed to work out who the killer was, all while under threat from a secret attacker.

This book was dark and twisted and the spin at the end had me on the edge of my seat! McManus has fantastic novels like this, as her latest one follows this exactly. 5 Stars!



Careers

It's been a busy time for the careers team this half term. We've been assisting Year 11 students with their college and sixth form applications. Mrs. Seaney and Mrs. Howe have been working hard to ensure that all Year 11 students have either submitted their applications or are receiving help with the process.

If you or your child need any support or additional information regarding the applications, please don't hesitate to get in touch with the team.

We take great pride in our strong connections with local colleges and sixth forms, which allows us to support our students as they take the next step in their education. We're pleased to share that, so far, applications have been submitted to the following colleges and sixth forms:



Year 12 Work Experience Week

Year 12 students have attended assemblies this half term to learn about their upcoming Work Experience Week in July. As part of the program students are required to secure their own one-week placement allowing them to gain valuable real-world experience

by approaching companies directly to discuss opportunities.

During the week students will engage in hands-on work which will not only enrich their learning but also serve as a valuable addition to their university applications and CVs.

Throughout the week students will track their hours, activities, and responsibilities. All of which are documented. Employers provide feedback on the students' performance, and some are willing to offer references for future use. This experience offers students valuable insights into how they are perceived by others, highlighting their strengths and areas for further development.

Grofar – Work Experience Platform

All Year 12 students have access to Grofar and should be actively looking for placements for their work experience week – 30th June to 4th July 2025. Parents and carers please feel free to reach out if you or your child require any support.

This platform also allows students to start creating their CV.



Mrs Seaney – Careers Administrator
jane.seaney@attrust.org.uk



KEY TAKEAWAYS TO BECOMING A CAR DESIGNER

Car designers play a significant role in the automotive industry by enhancing the aesthetics and functionality of vehicles, often working with teams of engineers to transform 2D concepts into 3D models.

A career in a car designer typically begins with learning about the industry, developing necessary skills and tools, pursuing a degree in a related field, gaining hands-on experience, building a portfolio, and networking within the industry.

Key skills for car designers include problem-solving, creativity, project management, interpersonal skills, understanding car design presentation principles, interpersonal skills, software expertise, and detail.



**FRIDAY FUTURES
CONSTRUCTION INDUSTRY
- PLASTERER -**

A plasterer is a skilled tradesperson that works with a range of materials and tools to give the lines of walls, ceilings and other surfaces a smooth and even finish. Plasterers may also be responsible for preparing surfaces for plastering by cleaning, sanding and applying primer or other materials. Working as a plasterer, it is essential that you have a good eye for detail as plasterers are vital in the construction industry to make sure buildings have a high quality finished appearance.



WHAT IS ENGINEERING?

Engineering is a profession that involves the application of scientific and technical knowledge to design, develop, and construct systems, structures, and machines that solve problems and improve the quality of life.

Engineers work in a variety of industries, including manufacturing, construction, transportation, and energy. They are responsible for creating and testing new products, improving existing ones, and ensuring that all designs meet safety and performance standards.

Careers @ MCA Friday Futures Programme

This term, students have received information on career pathways, qualifications, working hours, and potential salaries for the following roles: Plasterer, Electrician, Chef, Car Designer, Engineer and Apprenticeships.



PATHWAYS TO BECOMING AN ELECTRICIAN

1. College course
2. Apprenticeship
3. Work experience scheme
4. Applying directly

College

1. You could start a college course to gain some of the technical knowledge that may help you and enter an apprenticeship or find a design position with a company.

Apprenticeship

1. You can apply to be an apprenticeship with a company such as:
a. Sanitation and Maintenance (Electrician Level 3) Apprenticeship
2. Domestic Electrician Level 3 Apprenticeship
3. Apprenticeships are open to all ages
4. You can also work to become an electrician through an apprenticeship to the correct level.



CAREER OPTIONS ONCE YOU ARE QUALIFIED

1. Career Pathways
2. Career Options
3. Career Choices
4. Career Development
5. Career Progression
6. Career Advancement
7. Career Growth
8. Career Success
9. Career Satisfaction
10. Career Fulfillment

Showjumping

On Sunday 18th January, Zara Heneghan Year 9 and Ellie Barnfather Year 10 represented MCA at the National School Equestrian Association at Forest Edge Arena in the National Show Jumping Qualifiers.

Both girls and their ponies achieved excellent results:

Zara Heneghan - 2nd place in the 80cm and secured a place in the NSEA National Championships.

Ellie Barnfather - 6th place in the 80cm and secured a place in NSEA championship plate.

Zara Heneghan 8th place in 70cm and secured a place in the NSEA championships plate. Both girls will represent MCA at the NSEA Championships in October.

Zara and Ellie pictured top right. Bottom right is Zara with her horse Cornish Whisper.



Cross Country at Woodbridge



On Thursday 16th January MCA attended the Suffolk Schools Cross Country Championships at Woodbridge School, Suffolk. Three students (William Rudge, Isabelle Knowles and Sebastian Wilcox) ran at this event after qualifying at the previous round at the Royal Hospital School back in October.

The first race we competed in on that day was the minor boys race, which consisted of a 3.2km run. The course was two laps long and was a very tight course with a lot of bends and steep hills making it a challenge for all runners. The start of the race was quick as the runners started the race feeling nervous after waiting on the start line for 5-10 minutes before they actually set off. After the first lap Will was going well in 11th position with Seb running strongly behind. Towards the end of the second lap both boys were battling hard for every position, Seb finished strongly and Will ran a very good race from start to finish, battling out a close sprint finish to finish just inside the top 10 in 9th position, a credible result and an outstanding run- well done Will. Issy ran next and her race was the same route as the boys completed. She also found the steep hills tough and a stitch didn't help but Issy kept battling hard, running a very resilient race doing herself proud coming in a very respectable 63rd place.

The next round was again in Woodbridge for the Anglian Schools Championships, due to Will coming in the top 16 (9th place) he has made it through to the next round where he will represent Suffolk, good luck Will!

Leadership Sports Hall Athletics



It was the time of the year for our leaders to support the U9 Sports Hall Athletics event at Mildenhall. We had a range of returning leaders and new students who were stepping into the role. Every single student represented MCA brilliantly, enabling the event to run smoothly. Our leaders were involved with supporting the field events including standing long jump, medicine ball throw and foam javelin. We also had timekeepers on the track, helping to record the timings for the running races. Some leaders even jumped into help demonstrate events and races such as the obstacle relay!

Students were encouraging to the primary school students, supporting them in having a fantastic experience. A number of our TRAITS were demonstrated from every single leader and they are an asset to MCA. There was dancing, laughing and celebrations from all involved.

Thank you as always leaders. On to the next one!



U12 Boys Football



On the 20th January Mildenhall Year 7 boys travelled to Sybil Andrews Academy for the hardest test in the cup run so far.

Sybil Andrews, known for being a good opponent, won their previous quarter-final 9-0 before hosting us. The travelling Mildenhall Year 7 boys, after the glory of the quarter finals, knew it was going to be a tight affair that was going to be tough game.

The boys came into the fixture with a fantastic attitude, determination, and overall great comradery that translated from the pre-bus conversation all the way to the football pitch.

The start of the game needed the team to show ambition and great communication to manoeuvre the new opponent. Strong leadership from Joshua Whitton, Sebastian Wilcox and Maxwell Manns kept the game in our favour as we saw a lot of the ball in the opening 15 minutes. The hard work and determination paid off as a superb post-and-in finish from the outside of the box saw William Rudge's shot go past the line.

Key moments from Maxwell Manns saw him dominate any aerial battles that came his

way and a cool and calm play from both Rocco Barrett and Micheal Mubaiwa in the back line saw us see out some strong Sybil Andrew attacks.

We managed to see out a tight last 10 minutes of the first half as Joshua Whitton and William Rudge showed great character to read the game and drop into a more defensive role. The work rate of all the first half front line saw us come in at half time with a 1-0 lead.

The second half saw us take on some heavy pressure from Sybil Andrews as they looked to chase their equaliser. We saw some very good chances to increase our lead but were unlucky to not find the back of the net.

Key moments from Mikas Grandans saw him pull off an outrageous, close-range, quick-reflex diving save to keep us in the game in the last 5 minutes of the match. As the game was heavily in Sybil Andrews' momentum, a key player of our team Eddie Slack made a last-minute goal-scoring block that was heading for the back of the net.

Overall, the resilience and determination of our 13 Year 7 students saw them fight hard to make their way to the West Suffolk Cup final in their first year of sporting excellence at Mildenhall College Academy.

As a team we have received praise for our performance but more importantly for our kind and sportsmanship nature.

U15 Boys Football

On Tuesday 21st January, the Year 10 boys travelled to Castle Manor for the third round of the Suffolk Cup. It was a cold, wet day, with the pitch not allowing us to play our usual football, but the boys were up for the battle.

Sport

The first half was dominated by MCA, with Ben Cross not having too much to do except from picking up the long balls rolling down the slope. MCA created some good chances, via Henry Edwards who controlled the game from the first minute, however struggled to hit the target and make the keeper work.

The second half was similar, with Castle Manor not really creating any clear-cut chances. MCA began to get frustrated, and with the light falling, started to run out of time. Max Rose was sending in some exceptional corners; however, they weren't being attacked.

Bailey Gibbs was a constant threat throughout, however, still couldn't find a breakthrough. Callum Clarke and Joshua Langley battled hard in the middle of the pitch, with the back three staying solid when they needed to.

The game finished 0-0, so penalties it was. Castle Manor chose to go first, which saw them score. Henry Edwards was first for MCA, who calmly scored to make it 1-1. Castle Manor and Bailey Gibbs scored the next two making it 2-2. Then up steps Ben Cross, standing his ground to save Castle Manors third spot kick.

From then on in MCA scored the rest of their penalties comfortably making it 5-4, and through to the quarter finals of the Suffolk Cup.

U12 Football

On the 22nd January a different Year 7 team took on Stour Valley School in the County Cup. This was the first opportunity of a full game for many on the Year 7 boys within the team and they did themselves proud with the performances they put in.

On a difficult evening for the boys, a 1-0 loss, came with some highlighting moments. A strong defensive display from our back 4 of William Coupe, Eddie Slack, Rocco Barrett and Connor Davis saw lots of action through the game. Their resilience and determination to face off against a strong Stour Valley attack was detrimental to the way we performed on the night.

William Coupe was able to deal with aerial balls while Eddie, Rocco, and Connor with their calm and strong nature were able to clear up any players running through.

A fantastic debut game from Oliver Nivet saw him make some vital saves through the hour and keep us well in the game to the final minutes. Alongside Oliver making his debut, same goes for the performance of Dylan Mahler, who controlled the midfield defensively and gave us the attacking freedom we needed to find a goal.

A tough game for our front 3 as they saw many of their chances saved and go narrowly wide.

All the students were ambitious, resilient and hard working throughout the game, and were unlucky not to come away with a result.



Follow the PE Faculty on twitter
@MilPEdept

U14 Badminton

On Friday 24th January the U14 boys badminton team took part in the Suffolk County Finals at Inspire in Ipswich. The boys made it through to the finals after winning their previous round of games at Newmarket.

Six other schools had made it to the finals, and all had done incredibly well to get there. There were five rounds of games so every team played against each other.

Each team had 4 players, so each 'match' consisted of 5 games: 2 singles and 3 doubles games. The boys did incredibly well together and showed great resilience and determination throughout. The boys played against some really tough teams that play badminton outside of school which proved a real challenge for them.

Nevertheless they did themselves proud, improving throughout the tournament and competing in some closely contested games. Well done to all involved.

U16 Girls Football



On Monday 3rd February MCA U16 girls took on Stowmarket in the County Cup at MCA. This being the girls first game they were all eager to get involved and play anywhere on the pitch. The game started well with Belle Clark putting in a very strong performance

from the midfield. The first goal came from an MCA corner with Gracie-Mai Lloyd putting the ball into the back of the net. This settled the girls into the game nicely which led to some strong passage of plays allowing MCA to create some more chances, forcing saves from the Stowmarket goalkeeper.

Stowmarket then equalised tying the game which was where it finished in the first half. Stowmarket started the second half strong, forcing an error at the back for an easy goal and an unfortunate own goal taking the game to 3-1. MCA then went on the attack and had a few chances where the Stowmarket goalkeeper kept them in the game. The game finished 3-1 to Stowmarket. MCA showed real teamwork and togetherness throughout this game and never let the result affect them. Well done Girls!

U15 Boys Football

On Thursday 6th February, MCA welcomed St Joseph's in the third round of the Suffolk Cup. The game started quickly, with both teams playing good football and winning their battles across the pitch. St Joseph's kept the ball well; however, MCA didn't let them settle on the ball with presses starting from Bailey Gibbs, flowing throughout the team.

The first goal came from MCA, after some continued hard work from Bailey managing to win the ball back in their final third before smashing the ball into the roof of the net. 1-0 MCA. St Joseph's however hit back soon after to make it 1-1. The game continued to be quite calculated, with both teams waiting to pounce and take advantage of any mistakes. Again, Bailey was working hard in the front line and was pulled down in the penalty box to win a penalty for MCA.

Up steps Saul Andrews, who finished it perfectly into the bottom corner. 2-1 with a few minutes to go. The back 3 of Aedan Bennett, Saul and Zac Cadman were solid in the back, as well as being calm whilst on the ball. However, a slight lapse of concentration allowed St Joseph's through. Ben Cross managed to get a hand on the ball, but it wasn't quite enough, and the ball had just gone over the line before MCA could clear it. 2-2 going into half time.

The second half saw a slight change in balance of the game. MCA managed to keep the ball a lot better, which was mainly through Henry Edwards who controlled the game from the get-go and showed his qualities. Chances kept coming, but the breakthrough just couldn't be found. Eventually, Henry got his reward and managed to find the back of the net after a great run. MCA in the driving seat and looking the most likely. A few minutes after, MCA thought they had gone 4-2 up, although the offside flag went up after Max Rose finished with good composure. Still 3-2 MCA with 5 minutes to go. The ball got played over the top from St Joseph's, and MCA had the chance to get the ball out, to win the game. Despite this, the ball got played across MCA's goal, for St Joseph's to tap the ball home and make it 3-3. To penalties we go.

St Joseph's won the toss and decided to take first and scored first. MCA then followed with a well taken penalty by Henry Edwards to make it 1-1. St Joseph's and Bailey Gibbs scored their next penalties to keep it all square at 2-2. Ben Cross was excellent all game and was also extremely close to saving a couple of their penalties. MCA then missed their next penalty and ended up losing 5-3. A thrilling game overall, with some top performances from the whole MCA team,

who represented the academy in a fantastic manner.

U16 Boys Football

On Tuesday 4th February MCA U16 Boys were away to St Benedicts in the West Suffolk Cup. MCA started the game and quickly got the ball up field with Luke Smith making a clever run which got closed down by the defender.



It did not take long for St Benedict's to create a chance with their striker forcing Harvey Coe to pull off some excellent saves. Unfortunately, the St Benedict's striker finally got through and made the game 1-0. MCA responded with some good football down the right hand side but the St Benedict's defence were too strong and quickly closed the ball down. St Benedict's then made the game 2-0 which was where the half ended. St Benedict's kicked off the second half and immediately put the ball over the top making it 3-0 and soon after 4-0.

MCA started to put together some good passages of play and created some chances but unfortunately did not get the ball into the back of the net. With about 10 minutes to go a MCA free kick was taken and put the ball into the box which was put into the back of the net but it was controversially chalked off as offside. The game finished 4-0 to St Benedict's. The boys demonstrated the MCA TRAITS in this game and did the academy proud with their efforts and attitudes.

Rugby Festival



Game 1: MCA v Ormiston Sudbury. 0-0

Game 1 acted as a valuable warm up and introduction to the newer rugby players in the team. A closely contested battle ended 0-0 with neither side crossing the try line.

Game 2: MCA v Ixworth 3-1

Feeling more settled and organised, MCA turned on the heat in game 2. A strong defensive unit limited Ixworth's chances and Anthony Cheshire's powerful running earned him an emphatic 2 tries before the interval. At the start of the second Ixworth pulled one back, slipping through Leo Park's hands to break through and score. An excellent, strong, mazy run from Sonny Brackenbury added MCA's third, sealing their first win of the day. An excellent performance.

Game 3: MCA v Debenham 0-2

MCA's reward for 2 valiant performances was promotion to the top brackets. Debenham are a strong outfit however spent much of the game frustrated by MCA's resilient defensive structure. Strong tackling and patient play limited Debenham's chances. They broke the defensive structure twice and some incredible pace slipped in the flanker to score 2 late on. Compliments all round from Debenham staff, impressed

by the display of MCA saying 'that's the toughest game we've had in a long time'.

Game 4: MCA v County Upper – 2-2

In the penultimate game of the evening MCA faced County Upper. This was by far the tightest game of the day. The boys battled hard and took a lead 3 minutes in through a burst from the wing. County pulled one back, MCA just missing out on an incredible last ditch tackle from Sonny Brackenbury to level the game. However County clapped back with a swift reply to level the game at 2-2.

Game 5: MCA v Thurston 0-2

In the final game of the day, MCA faced off against the strongest side in the competition, a Thurston side made up of experienced rugby players with towering height and power. Despite Thurston's incredible strength, MCA held their own. They frustrated the Thurston attack repelling waves of attack with some crucial tough tackling.

Anthony Cheshire and Leo Park, in particular, were keen to show off their own skill set in breaking away with the ball keeping Thurston on the back foot. Ultimately, Thurston took the win. However, they were incredibly frustrated by MCA's strong defensive unity.

The boys can walk away from today's tournament with their heads held high. They showed unrelenting commitment to every game they played, staying committed when times were good and tough. Compliments to the quality of the performance came from numerous members of staff from other schools and from the event organisers themselves. A fantastic effort from all.

U13 Football



MCA travelled to Stowupland in the next round of the Suffolk Cup. MCA made the brighter start and were rewarded for their efforts. Kobe Adams found space in the box and blasted a shot into the bottom corner. MCA should have doubled their lead but Jaxon Hoskins saw his shot tipped around the post.

Harry Winstone then found space on the edge of the box but drove his shot over the bar. Stowupland then came back into the game and after a defensive mix up, the Stowupland striker pinched the ball off David Kurcon to tap into an empty net. Stowupland then took the lead minutes later after a lovely cross.

MCA were stunned. Although they had been the better team, they found themselves 2-1 down. Minutes before halftime, Oliver King found Ka'Mari Jones-Clarke in space and he tapped home 2-2 at half time.

MCA continued to be wasteful in front of goal and couldn't make their pressure pay. Stowupland retook the lead after a long ball was latched onto by the Stowupland striker and driven into the bottom corner. MCA then rallied and batted back into the game.

Kobe Adams hit a swerving free kick that arrowed into the top corner. With the game looking set for penalties, Max Rutter slid through Oliver Wells whose first attempt was saved but he bundled home the rebound to make it 4-3 with 3 minutes left.

Kobe Adams and Ka'Mari Jones-Clarke had their penalties brilliantly saved. David Kurcon then saved two penalties either side of Harry Winstone who found the top corner. Oliver Wells made no mistake and we headed to sudden death. David Kurcon then saved his third penalty in a row. Reggie White was the calmest guy on the pitch and he rolled the ball into the bottom corner to give MCA a 4-3 win on penalties.

U12 Sports Hall Athletics

On the 21st January 13 Year 7 students were taken to an indoor sports hall athletics event in Newmarket. It was their first athletics event at MCA, all students came with a great attitude to take on what was going to be an exciting evening for them all.

The 7 boys had some strong opponents that saw them come 5th overall in the event. All the boys enjoyed their time in various track events from the 2-lap race to the 8-lap paarlauf.

The 6 girls showed great success, being 2 students short, as they finished 3rd in the event overall. Overall, our Year 7s enjoyed an event full of success and overall enjoyment in their first athletics event as an MCA student.

All students upheld high expectations of their behaviour and were polite and supportive to all students and staff involved in the event.

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.



The National College

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

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Clubs and Activities SPRING 2025



Mildenhall College
ACADEMY

WEEK A&B	Monday	Tuesday	Wednesday	Thursday	Friday
First Lunch (7/9/11)	Year 9 Football (B) Chess Club	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) Lego Club - F10 (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) Basketball - All Years (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) Fitness / Boxercise (A&B) Crochet Club (A&B) Diversity Club (A&B) Agents for Change - F7 (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 Singing 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

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.



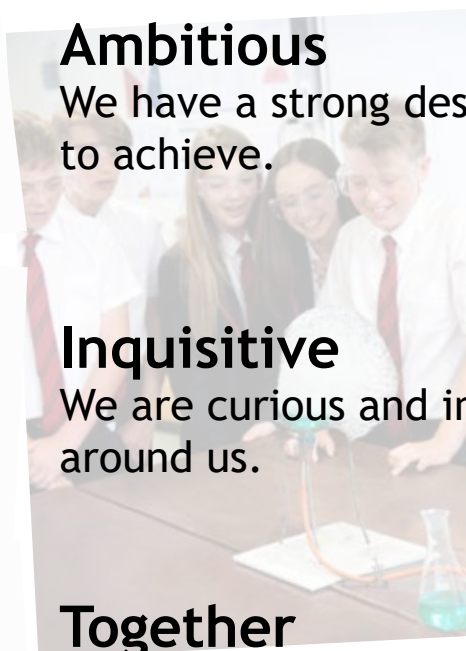
Resilient

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 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