

April 2025



Academy Production is a Great Success

Principal: Mr J Oxley

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Welcome

Dear Students, Parents and Carers,

I would like to thank all of our community members for a busy and highly successful Spring term. I am delighted to see such a wide range of excellent opportunities to benefit our young people. This is testament to my industrious colleagues who have worked tirelessly to plan and lead such a rich range of activities and visits. A special mention must go to the cast, crew and staff involved in the production of Aladdin. I went on Wednesday evening and was blown away by the talent and enthusiasm from our students. It was an amazing and fun production of a Disney classic. Bravo!

Other extra-curricular highlights included a visit from our local MP Nick Timothy and a trip to Shrewsbury Prison.



Year 11 have worked with real commitment throughout the term and have engaged fully with our supportive programme. We are proud of the changes we have put in place to better support our Year 11's this year which include mentoring groups, intensive Maths and English intervention groups, an expanded range of morning masterclass sessions, a rich afterschool revision timetable and Sunset Sessions. Sunset Sessions are pre-recorded revision lessons made by our teachers which are accessible every evening on the Year 11 Teams group. All sessions are saved and can be accessed as a 'back catalogue'.

I would like to thank all of the Year 11 teachers who have contributed to our enhanced programme this year. Year 13 students are also working incredibly hard following their mocks and have been engaging with our wide selection of revision sessions on offer at MCA⁶. We have high hopes for both exam year groups as they embark on the final stretch to the terminal exams.

During the Spring Term we have recorded 75,628 positive events. Last year we recorded 41,205. This is a massive increase that shows our commitment as a staff to acknowledge our students' efforts and to reward their achievements. Mr Goodenough met with our parent/carer voice group again this term to discuss our reward processes. We have really valued the input from parents and carers this year and we are finalising some elements of our rewards policy to increase the number of 'systematic' rewards. Hopefully, you would have seen from the recent Governors notes that we are also seeking views from this group to adapt and develop our policy.

Another noticeable new addition this year at MCA has been the range of events set up by our World Challenge Team. The students involved have been raising funds for their expedition and this has brought fresh community engagement opportunities including a Year 7 disco, a quiz night and regular snack and beverage sales at key events including our highly attended KS4 Guided Pathways Evening.

Welcome

The MCA community deserves a well-earned break and I hope that all of our families have a restful and safe Easter holiday. I hope that the Geography trip to Iceland goes smoothly during the break. This is an amazing opportunity and I am sure that our geographers will have a fantastic time.

I am very much looking forward to our final Summer term which will no-doubt bring more challenges, opportunities and joy. Thank you all.

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 Term - Friday 4th April

Easter Break - Monday 7th - Monday 21st April

Students Return - Tuesday 22nd April

Year 8X Parents' Evening - Thursday 24th April

SEND Coffee Morning - Tuesday 29th April

Year 8Q Parents' Evening - Thursday 1st May

Bank Holiday - Monday 5th May

Year 9 Trip to Matilda - Wednesday 14th May

KS4 PE Trip - Thursday 15th May

Last Day of Half Term - Friday 23rd May

Half Term Break - Monday 26th - Friday 30th May

Students Return - Monday 2nd June



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

MP Visit



On Friday 21st March we welcomed local MP Nick Timothy into the academy to speak to our Year 10 Citizenship students and our Year 12 and 13 Politics students.



Students challenged Mr Timothy on a range of local and national issues.



As part of the meeting Mr Timothy said that he would look to support the academy with a letter to Suffolk Transport to urge the academy buses to be prompt to collect students at the end of the day, write to the local council to share our concerns about access in and out of the hub site and to extend an invite for our students to visit the Palace of Westminster.

Our students were very inquisitive and did us proud!



Piano Exam Success

On the 11th of March, Year 9 student Jaden Mosley went to All Saints Church in Bury St Edmunds to take his ABRSM Grade 1 piano exam. Jaden has piano lessons in the academy with Mrs Bowe. For this exam, Jaden had to play 3 pieces as well as the scales and arpeggios for the grade. He also had to complete sight reading and listening tests.

Jaden said "I felt confident in my playing but I was a bit nervous as it was my first full exam. I didn't need to worry though as the examiner was friendly and it went well".

We are proud and delighted to announce that Jaden scored 136 out of a possible 150 marks which is a Distinction! The examiner wrote:

"Well done, some very promising playing and a good sense of musical shaping throughout the repertoire".

This is a fantastic achievement
Well done.



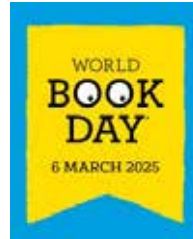
World Book Day

This year, the theme for World Book Day was 'read your way' which we embraced in the English Faculty.

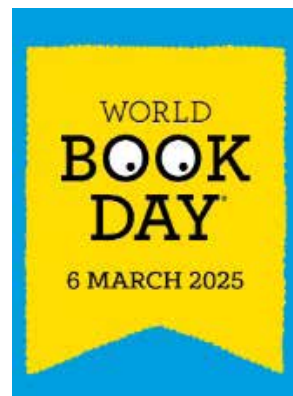
Students had snacks, made dens, wore crowns and generally enjoyed reading for whole lessons at a time.

Teachers embraced their creativity by dressing up for the day. Costumes ranged from an assortment of Matilda characters to the most terrifying dementor Year 10 could have imagined.

We loved World Book Day and hope to expand our celebrations even further next year.



World Book Day



History Tudor Trip



When we got to London our bus dropped us right next to the Tower of London and we soon got our first view of Tower Bridge as well. We ate our lunch in the Tower grounds and were excited about what we would do next.

We went into small groups with our friends. We were with Mr Lewis and we first went into the crown jewels. We knew we couldn't take any photos there, but we saw many amazing things that caught our eye, such as Charles III's crown, robes, plates, trumpets and other unique crowns. We enjoyed that bit a lot and I'm sure others did as well. We then walked to Traitors Gate. We liked that a lot as it was amazing to know that Anne Boleyn had walked through that very place to get beheaded. From there we went on the awesome wall walk tour.

We had a brilliant view of Tower Bridge and we went into different towers where we learnt about the Princes who were murdered, London Zoo, the Beefeaters and tried on helmets and had a great time. We saw even more amazing things in the White Tower but lost count of how many horses legs we saw. We took photos of the glass pillow showing who was executed in the Tower and went into a Tower that was used as a jail in Tudor times, where people had graffitied their names into the walls. After saying goodbye to the ravens we headed out to our next adventure – everyone was talking about how they enjoyed the Tower



of London. We walked to our first stop and it was the Monument to the Great Fire of London on Pudding Lane. We sat and listened to Mr Lewis talk about the Great Fire of London, took lots of photos and then continued our walk across London Bridge.

The walks were not too long between stops and you could tell people were enjoying the day because of how much people were talking to their friends. Our second stop was at the Golden Hinde, which looked like a pirate ship. Mr Lewis talked about how it went around the world in Tudor times and even some other people were listening in. After that we got to the Globe Theatre, which is the only thatched roof building in the whole of London and it had to get



History Tudor Trip

special permission to be allowed, because rules made after the Great Fire in 1666. Our final stop of our walking tour was on the steps of St Paul's Cathedral.

After a well earned stop at McDonalds we headed to our favourite part of the day – to watch Six the Musical. It was all about the six wives of Henry VIII.

We really loved the show a lot and it was an awesome trip. Overall the trip to London was worth the time and we all enjoyed it and would recommend going on it if you get the chance next year.

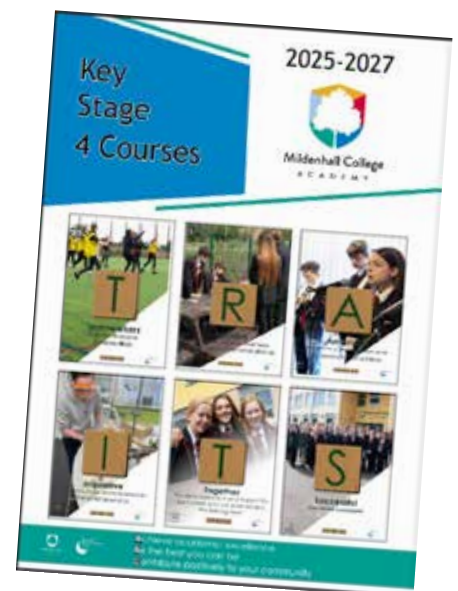
By Abi Roe and Mason Helms



KS4 Guided Pathways Evening

Thank you to all students, parents and carers who attended our KS4 Guided Pathways Evening on Tuesday 18th March.

We had a really good turn out and the academy was buzzing with atmosphere.



Shrewsbury Prison Trip



On Thursday 13th February Year 11, 12 and 13 Social Science students took a trip to Shrewsbury Prison to get an insight into the evolution of prison as a system.

After closing down in 2013, Shrewsbury has set up lots of exhibits such as the change of cells over time, along with the difference in the sentences and behaviours of male and female prisoners.

A close-up tour of the modern-day processing system and many other parts of prison life provided a unique insight into the functions of the prison system. A later workshop around the Kray twins helped us reflect on the effects of media on the glamorisation of crime, closely linking to work covered across the social sciences.

The trip to Shrewsbury was an interesting, fun exploration of being a prisoner, whilst also being informative and giving us our own free time to search the prison ourselves, make our own discoveries and talk to any of the ghosts that might still be there.

Lucas Cleere, Year 12

The prison trip was a great experience and opportunity for me, I enjoyed learning more about how prison systems work and how it was for people in different eras.

The guides were really informative and ready to answer questions, which was great as it allowed me to learn more. Overall it was a really enjoyable experience and I had a great day.

Mia Ashton, Year 11



Mildenhall Museum Talk



Arthur Mothersole
1939 - 1947



Molly Starr
1940 - 1980



On Thursday 6th March Mr Lewis was invited to speak at Mildenhall Museum on the history of Secondary Education in Mildenhall. As there were a number of former teachers in attendance (Mr Boardman, Mrs Bristow, Mrs Finnis and Mr Tams to name a few!) Mr Lewis decided to focus on Mildenhall Secondary School during the Second World War.

Mildenhall Secondary School was opened a week late in September 1939 owing to the outbreak of war. This building has had a variety of names in the last 80 years and is now MCA6. Mr Mothersole, our first Headmaster from 1939-1947, had to keep official log books (which are now in Suffolk records office) which told the story of education in Mildenhall during the War. Evacuees from Tottenham, the main

corridor's used as an air raid shelter, gas mask inspections, students sent to farms get the harvest in, 'digging for victory' in the playground, The Home Guard using the school, finding unexploded bombs on Icklingham Heath, many many air alerts and the school's chickens and pigs all got a mention. There was also a fascinating link to when the Mildenhall Treasure was first discovered. Finally, Mr Mothersole recorded with thankfulness that all the male teachers who went to War came home safely.

It was really positive to share our school's history with the wider community and Mr Lewis would recommend a visit to the museum.

Visit their website for more details:
www.mildenhallmuseum.co.uk

Duke of Edinburgh



From Thursday 13th March - Saturday 15th March the five Year 11 students taking part in this year's Duke of Edinburgh Silver Award undertook their practice expedition.

The students went to school on Thursday as usual then came back at 6pm that evening to set up their tents and begin their expedition. It was a very cold evening, with temperatures reaching -2 overnight. The students ensured they wrapped up warm with plenty of layers so that they did not get too cold. Thankfully we were staying on the 6th Form field and the 6th Form building was nice and warm so the students could go inside if needed. After a good nights sleep (for only a few!) the students woke up on a frosty Friday morning to go to school! The majority of them also went to the gym prior to school, not showing any lack of motivation.

After school on Friday the students quickly got changed and headed out for their evening walk to and around West Row. This was then followed by an evening of standing around Miss Davies' camp fire, and playing Uno. Students were in bed again fairly early as it was, once again, another frosty one and with a long walk ahead of them the next day. Saturday morning, 6am and the students were already awake cooking their

breakfasts ahead of a long walk that day. The walk started from Icklingham, the majority of the route was along footpaths heading North East towards Barnham. The students showed great togetherness, navigating the route excellently using their map reading skills well, reaching the checkpoints with ease. The students finished in Burnham around lunchtime and then headed back to the academy to then go home.

The Silver qualifying expedition is next month from Friday 25th - Sunday 27th April, this will take place along the North Norfolk coast and will be a much tougher affair with difficult terrain and a much longer route to navigate. The togetherness and resilience shown on this practice will aid them in achieving their D of E Silver Award, good effort by all involved.



Youth Award



Youth Award Year 9 students have been learning about communication. In order to help them in completing one of their challenges (they had to see how much they could learn in an hour) they were joined by Mrs Chaplin who taught them the alphabet in British Sign Language

Students learnt how to spell the alphabet and were then challenged to create their own words and sentences for others to guess.

All our students were fantastic and had a wonderful time learning a new skill that will enable them to communicate effectively with the deaf and hearing-impaired community.



Chess Club

We've welcomed in Spring at Chess Club with another half-term of exciting games, puzzles and lessons for our members to enjoy. It's been another popular term at our meetings and we are incredibly thankful to our members for their continuing attendance.

While we haven't done our usual Easter tournament this year, we have decided to switch things up a bit by running a Staff vs Students chess competition! On the 13th May, Mr Oxley, Mr Burt, Mr Fuller and Mr Cussons will be going up against 4 of our members in a competition that promises to be very exciting for all involved, and we can't wait to see if it will be a member of staff or a student who will emerge victorious.

Feel free to come to room F11 on that evening to watch the fun!

Our sessions continue to run every Monday lunchtime in the main library and on every Tuesday after school in room F11.

We would love to see some new faces join us after the Easter holidays!

We hope to see you there!



News From the Learning Support Team

Send Room

Throughout this half-term, both students and teaching assistants have gotten creative in the SEND room, producing some fantastic informative and fun displays. Both of these displays have really brightened up the area, and we look forward to collaborating on more next term!

Zones of Regulation

First, we have our Zones of Regulation board, created by the teaching assistants to help showcase the different Zones and different strategies to help the students regulate. By making visual aids of these strategies, the aim is to normalise the language of Zones and to help students to independently regulate their emotions using the strategies on the board.

We constructed the Zones of Regulation board in the shape of a house to demonstrate to the students that no emotions are fixed and can often be dependent on their environment. This is particularly important when in school as the students are often on the move.

The board is still in progress and we will continue to make additions with new strategies and take on board any feedback from students.

Easter Egg Competition

We've been getting competitive and creative in the SEND room this term, by challenging the students to come up with a creative and unique Easter Egg design. The best one will win an Easter egg! We have created a fun, seasonal display with all the entries which has really brightened the SEND room up with the students fantastic and fun designs. So many students have gotten involved in this and have displayed great creativity and

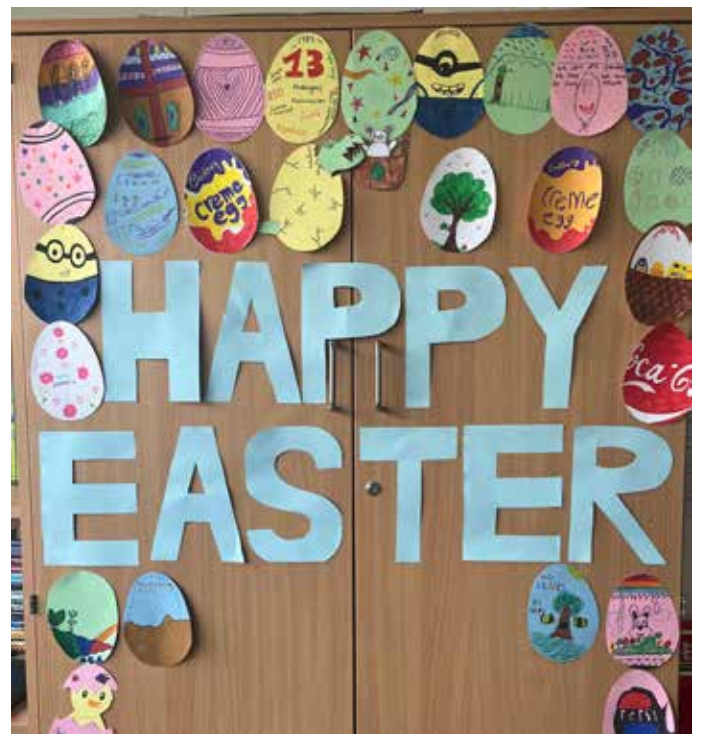
enthusiasm. Thank you to everyone who participated!

"The Easter competition was great fun!"

Aimee Ray, Year 11

"It was fun, and I found that I really wanted to win!"

Finlay Ward, Year 10



A Streetcar Named Desire



The performance itself was fantastic and highly recommended. It is always a great benefit for students to see literature texts in performance – and this is a play that they have really enjoyed studying – but this production exceeded our expectations. We thoroughly enjoyed it.

Some of the students' thoughts on the performance:

"I liked the way Alan was a physical character rather than only a psychological influence on Blanche"

"Paul Mescal encapsulated Stanley's character very well"

"I liked the music"

"Paul Mescal, one of the actors was in Black Mirror which made me happy"

"The show was fantastic"

"Paul Mescal is the most gorgeous man I've ever seen".

In February, Year 13 English Literature students went to see a performance of one of the plays they have studied for their A-Level, Tennessee Williams' *A Streetcar Named Desire*. The performance took place at the Noel Coward Theatre in London and we felt privileged to see it after Oasis-like efforts of online queuing to secure tickets for such a critically-acclaimed production of this iconic play.

The journey to London did not go completely to plan, having to contend with motorway closures and an unexpected interview with a very polite member of Suffolk Constabulary, but our students were a credit to MCA and coped with their customary calmness and stoicism.

Farewell Janet

We would like to wish Janet all the best for a long and happy retirement after 16 years working for Vertas as a Food Service Assistant.

Janet will be missed by colleagues and students alike.



Careers

Post 16

Mrs. Seaney and Mrs. Howe have been continuing their work this term with Year 11's to ensure that all students have either submitted their Post-16 applications or are receiving help with the process.



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

Mrs Seaney:

jane.seaney@attrust.org.uk

Mrs Howe:

nicki.howe@attrust.org.uk

Mr Goodenough:

richard.goodenough@attrust.org.uk

Year 12 Work Experience Week

Year 12 students have their upcoming Work Experience Week in July. Students are working really hard to secure their one-week placement, allowing them to gain valuable real-world experience by approaching companies directly to discuss opportunities.

All Year 12 students have access to Grofar and uploading all the details for their placements for work experience week: 30th June to 4th July 2025.

Please feel free to reach out if you or your child need any support.



This platform also allows students to start creating their CV.



Festival of Knowledge

On Wednesday 5th March we took our Year 10 Youth Award students to the Festival of Knowledge at the Norfolk Showground.

Students had the opportunity to go off and explore all the different zones including Engineering, Aerospace and Marketing.

Students really engaged with the opportunity and several took part in singing experiences as well as hands on opportunities – like operating an excavator simulator, and having a go at bricklaying.



'It was really useful and fun. I got to talk to colleges about courses and apprenticeships I'm interested in'. **Year 10 student**

'I didn't realise all the different careers that are available in so many areas – I have so many ideas now!' **Year 10 student**

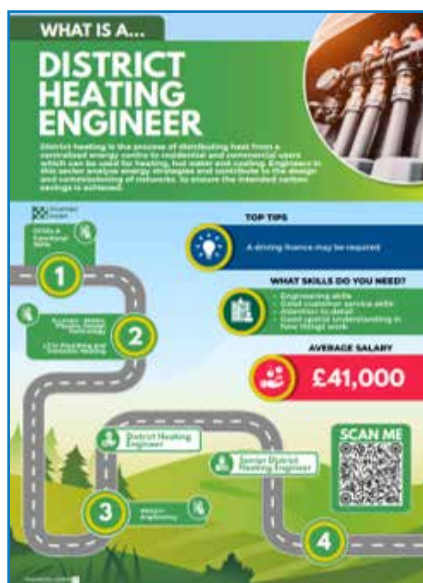
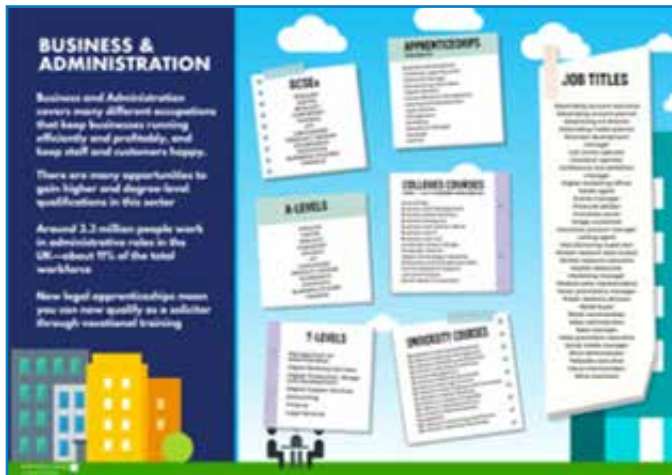
Promoting Careers



Our new display has gone up! Celebrating our partnerships with local businesses and companies who support MCA and our students through work experience placements and opportunities.

Careers

Keep an eye out for new posters going up around the academy covering lots of subjects and exciting career fields, such as green energy.



Behind the Scenes with the Careers Team

The Careers Team is actively seeking out and participating in training and informational events to ensure they can support our students in the best possible way.

In February, Mrs. Seaney and Mrs. Howe attended a Pathways Event, which provided an opportunity for professionals to come together and discuss how to assist young people with their post-16 decisions.

Suffolk is facing increasing numbers of young people who are not in education, employment, or training (NEET).

The event brought together key professionals to:

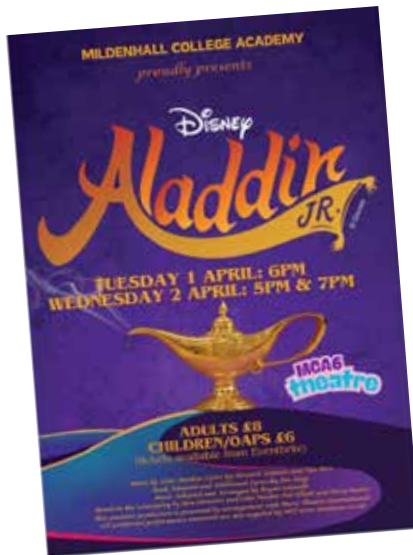
1. Improve transitions from Year 11 into post-16 education, training, and employment
2. Ensure all professionals are well-informed about available education, training, employment, positive activities, and support services available.

Between Mrs Seaney and Mrs Howe they attended the following workshops:

- SEND Support – Options with SNC & WS Training (EHCP-specific guidance)
- Post-16 Pathways – Education, employment, and training overview
- Home-to-School Travel – Transport, training and new travel toolkit
- Financial Support – Benefits & funding for 16–18-year-olds



Aladdin Production



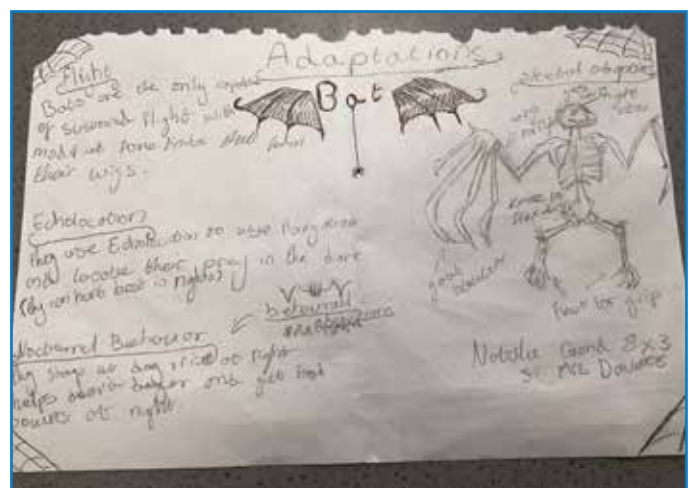
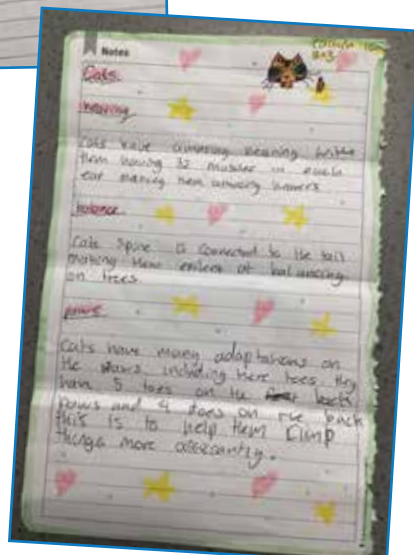
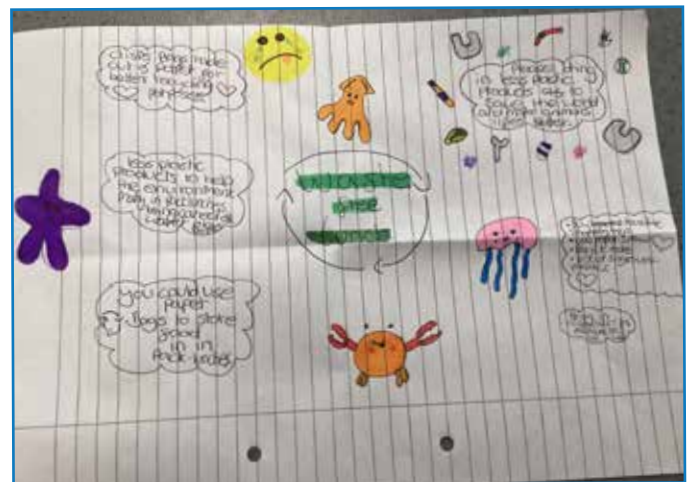
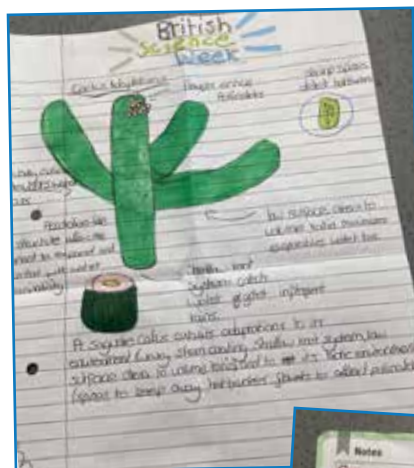
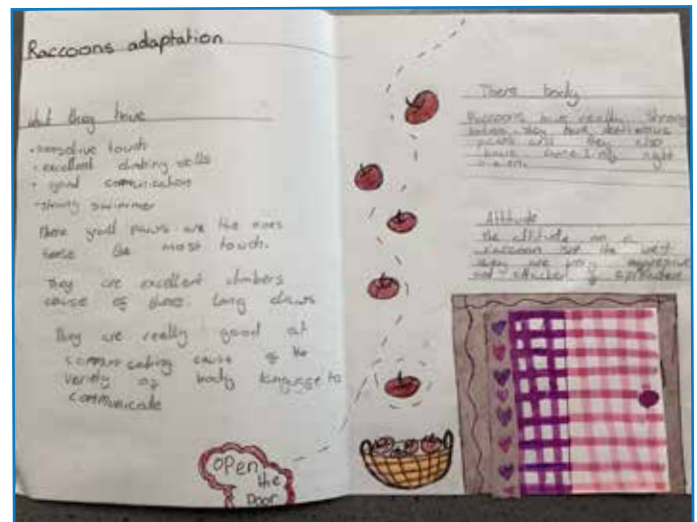
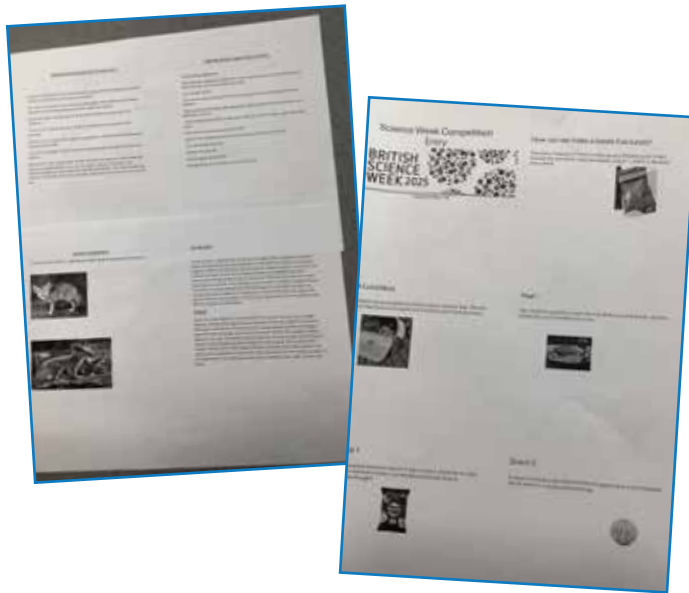
Thank you to everyone who came along and supported our students in their performance of Aladdin Junior.

The students worked really hard and did themselves and the academy proud! A very well done to all involved.



British Science Week

British Science Week 2025 took place in March. This years theme was 'Change and Adapt'. Students were encouraged to produce a piece of work on the theme which related to adaptations for survival or how to make a 'waste free packed lunch'. There were some excellent entries in both categories. Well done to those who participated.



Sport

Swimming

Keen swimmer Charlie Madine, Year 7, recently received an award from the Mildenhall Sharks Swimming Club for his progress, efforts and achievements in the pool this year.



Well done Charlie!

Basketball

On Tuesday 11th March six Year 7 boys took part in their first Basketball fixture in a friendly match against Breckland School. The boys were ambitious in their play and reaped the rewards in taking home the win. The game ended with a 16-10 win to MCA. Well done!



U13 Boys Basketball

On Thursday 27th February the U13 boys took part in a basketball fixture against Breckland at home. During the first quarter, it was clear to see that the game was going to be close with both teams having an equal share of possession and defensively, both teams were strong not letting each other have any clear shots at the basket.

The deadlock finally broke when Henley Greenacre used his height to his advantage and scored a very well worked lay up to take MCA 2-0 up into the second quarter. The second quarter started after a few changes, the aim this quarter was to try and win more rebounds as in the first quarter we were unable to do this. Ashton Sharwood's work rate here was sublime and led to him scoring a rebound, however this was cancelled by a 3 pointer that was scored by Breckland making it 4-3 to MCA after the second quarter.



The 3rd quarter was the closest of the game with possession changing often and equal amounts of chances at both ends. After this 3rd quarter it was 6-5 to MCA with everything to play for in the final quarter. In the last quarter, a full court press was allowed and MCA used this to their advantage, with Oliver Da Costa and Ashton Sharwood scoring two quick baskets to stretch out MCA's lead. Breckland started to fight back with a 2 pointer of their own before Ashton scored the best basket of the game, a 3-pointer shot from way behind the 3-point line- a shot worthy of winning any game. This shot, coupled with some excellent play from the rest of the boys led to MCA winning the game by 13-9 in the end, a convincing win and thoroughly deserved.

U13 Girls Basketball

On Thursday 6th March it was the U13 girls chance to participate in a basketball fixture at home against Breckland.

For a lot of the girls, this was their first basketball game for the academy as most of them are usually netball players. The first half started and most of the girls were still getting used to the rules of the game, but quickly got into the swing of things. Both teams had a fair amount of chances in the first quarter, however it was Breckland who managed to be most clinical putting themselves 4-2 ahead.

The second quarter started quickly by Breckland and they kept up the pace, scoring a number of well worked points meaning it was 12-2 at the break to Breckland. After this a good team talk was needed to get MCA back into the game. Some brilliant teamwork from MCA working the basketball around the court well, winning rebounds and dominating the play.

This lead to MCA scoring a great number of chances meaning that after the third quarter the score was now 12-12, with it all to play for in the last quarter. Breckland started the last quarter well going up 20-14, MCA started to fight back making it 20-18 with a few minutes spare however we just ran out of gas and ended up narrowly losing the game 24-20. Nevertheless, it was a good afternoon and some great teamwork shown by the girls.



U13 Boys Futsal Finals

The Year 8 boys futsal team travelled to Ipswich for the much-anticipated County final. MCA came up against Stowmarket in the first game and made a slow start and found themselves 2-0 down. MCA battled back after a flowing move involving Max Rutter who slid the ball through to Samuel Kempa who found the far corner with precision. Unfortunately, their comeback fell short, and they lost a narrow contest 2-1.

The second game was against Sir John Leamen and MCA gave themselves an uphill task and were 2-0 down inside the first 5 minutes despite their best efforts, 2-0 remained the final scoreline.

The third game was against East Bergholt and MCA were outclassed in this game and lost 4-0.

The fourth game was a tighter affair until the final 2 minutes. Samuel Ward took the lead but were pegged back after a good MCA move, which squared the ball to Samuel Kempa who tapped home from close range. MCA were pushing for a winner, but were caught on the counterattack and ended up on the wrong side of a 4-1 defeat.

The boys conducted themselves superbly throughout the tournament despite some difficult results.

U13 Boys Football

MCA hosted Thurston in the quarter final of the County cup on a very picturesque evening in Suffolk. MCA unfortunately found themselves 1-0 early on after a through ball found the Thurston striker in space who slotted home. MCA equalised instantly after Oliver Wells capitalised on a defensive mix up, he arrowed his shot in off the far post.

Sport

The game was then quite tense and neither team had any real goal attempts. However, it was Thurston who made the breakthrough, after the Thurston striker rounded David Kurcon and finished from a tight angle. MCA thought they had equalised after Jaxon Hoskins streaked clear. His powerful shot was brilliantly saved by the Thurston keeper. Jaxon was fastest to the rebound but couldn't turn it in.

The second half was another close affair but with both sides keeping possession without much goal threat. Thurston did take a 3-1 lead after a cruel deflection on a through ball gave David Kurcon no chance. Oliver King and Max Verkholat linked up nicely, but Max saw his shot saved at the near post. Thurston added a fourth late on from a corner. As always the boys conducted themselves superbly and the scoreline did flatter Thurston. MCA 1-4 Thurston

U14 Tchoukball



MCA Travelled to King Edwards in Bury St Edmunds to compete in a U14 Tchoukball tournament. MCA had very little experience in Tchoukball before the tournament but were keen to give it a go. MCA started the tournament by watching County High and KEGS play the first game and used this as an

opportunity to get to grips with the rules and see how the game is played. MCA's first game was against County High. MCA started well with Joe Alexander and Erin Bailey starting the scoring off quickly and a strong defensive performance from Sam Batey kept MCA in the game. The game finished 4-3 to County with them scoring in the last 30 seconds of the game. MCA played their second game against KEGS where they held their own with strong performances from Kaden Heffer, Charlie Bennett and Abby Bosomworth finishing the game 6-3 to KEGS.

As there was time left a second round of fixtures were played. In these next 2 games MCA came into their own and started to be in strong performances to keep the games competitive but still could not get their first win. Even though the students had very little experience in Tchoukball coming into the tournament they adapted to the rules very quickly and showed real teamwork and resilience to come away from the tournament without losing a single game heavily. Well done!

Leadership

We hosted the KS2 SEND Panathlon Challenge for the second year here at MCA, providing a range of leaders to support the event. We had 14 leaders who were responsible for an event each - ranging from Curling, to Boccia, to Basketball. Our leaders were responsible for demonstrating and encouraging the young participants who were attending this event. Our leaders did a fantastic job and showed most if not all of our MCA TRAITS. We had many teachers from schools provide me with feedback on how good our leaders were – one even saying they were the ‘best leaders they had ever seen!’. Thank you leaders for representing MCA so brilliantly and showing your skills when taking on a responsibility.

Under 12 Rugby Festival Stowmarket Rugby Club



On Thursday 6th March, our Year 7 boys travelled to Stowmarket Rugby club to attend their first Rugby fixture with MCA. The festival involved 5 teams from across Suffolk and gave the boys the chance to play against 4 different schools.

Our first game of the evening was against Stowupland High School, where the boys were unlucky in defeat as the game ended 4-3 in tries. For the 13 boys this was an unlucky defeat in their first ever rugby fixture. The boys were brave and showed great resilience throughout the tie. The boys gained confidence fast as they grew into the game, some brave tackles set a high standard for the rest of the festival and offered great confidence for all the other boys involved. Tries from powerful runs from Max Manns (2 tries) and Mikus Grandans saw us take the lead at 3-2. Boys were then unlucky in the final stages of the match as Stowupland were able to pull two late tries back.

Our second game saw us take a draw in a great battle to Thurston Community College. An early try from Max Manns saw us take the lead, and a fantastic defensive display from Dylan Mahler and William Coupe saw

us hold off a strong opponent. A tie breaking try from Mikus Grandans saw us take a draw in the final ends of the match, showing just how ambitious our Year 7 cohort is and how much they want to strive.

Throughout the festival our Year 7 students were inquisitive and asked questions trying to learn the game of rugby as they were playing and try to strive to be better.

Our most competitive game of the day saw us draw 4-4 to Castle Manor. This tight battle saw us leave very unlucky and not to take the win. 3 tries from Max Manns, who saw great success on the day, put us in a strong position throughout the game. Fantastic wide play from Rocco Barrett saw us play some great rugby as we began to get the feel for playing down the line and creating build up play in rugby. Strong tackling from Henly Coakley and Adam Eldib saw us begin to push back and hold a great defensive display.

After a tiresome day, the boys were faced with the toughest game of the festival against Stowmarket High School. The boys fought hard and played some good rugby but fell short in a 4-0 defeat.

Overall, the boys were excellent in learning their first elements of contact rugby. The 13 Year 7 boys showed great teamwork, to learn together and support each other through a tough festival. All the students involved in the day were thankful and showed excellent sportsmanship in the way they represented Mildenhall College Academy and have created great building blocks for future success.

Star players: Maxwell Manns, William Coupe, Mikus Grandans

U15 Girls Volleyball



Our U15 volleyball team travelled to County Upper for their first volleyball competition. We had lots of enthusiasm and managed to take two teams, having one in each group. Each team set off on their challenge to qualify for the county finals. The first games were incredibly close against St Benedicts and County Upper, but both teams fell just short of the win. We regrouped, discussing tactics and communication and then headed determined into game 2.

Some fantastic serving from both teams saw us race into the lead. The games then became close fought with points being won in quick succession by the opposition. Some great play from Castle Manor, saw them pull a lead over Mildenhall 1. St Benedicts showed determination to hold out a win over Mildenhall 2 as well. However, these were better games for both teams by far! Between games both MCA teams were officiating other games too. They had to be a first and second referee making the calls with the whistles. We had two line judges and a scorer. The girls showed great leadership and confidence here, demonstrating lots of our TRAITS.

Our final game was a Mildenhall Derby. Both teams wanted to beat each other, which lead to a competitive game. Some great teamwork from Mildenhall 1 saw a lovely set play creep into the corner. But

throughout the game Mildenhall 2 pulled a lead over Mildenhall 1 to claim their first win of the competition. Overall, the girls did themselves proud. This was the first time they had played with a higher net and were adapting well to this. Bring on the next competition!

U15 Girls Handball

On 25th March MCA hosted Ixworth for the Handball Area Final. This was one of the first competitive handball games for many of our students, so there were a few nerves at the beginning. However, you couldn't tell this as MCA went firing into the lead with a strong arm from Isla Beale. The game was intense throughout, playing four 7 minute quarters. MCA gave it their all through every quarter. Our attacking formation was quick and fluid, meaning we managed to score a few more goals in the first quarter thanks to Marika Wegrzyn and Peyton Strike. Our defensive line around the shooting circle was also strong, and we switched on to Ixworth's attacks quickly.

Eden Benion held a strong position every time, preventing Ixworth from getting powerful shots off. Liv Faley supported this defence with holding her ground and setting off on quick counter attacks.

When Ixworth had the ball we dropped into a 5-1 formation where someone was always pressing the person with the ball. This forced Ixworth into some mistakes and kept them under pressure at all times. Ixworth's defence was also strong and they had a good set position, closing down our attackers quickly when they stepped to have a shot. However, some fantastic interceptions from Erin Bailey and Gracie-Mai Lloyd meant MCA could break quickly, and ultimately scored some counter attacking goals. Ella Brewer made some incredible fingertip saves to

keep MCA in a strong position. By the end of the game, we had only conceded four goals! Our communication was excellent, calling to each other to set our defence or take a shot.

Peyton and Marika scored more goals over the course of the game meaning MCA came out as winners of the final by 12 goals to 4. It really was a brilliant game to watch and I look forward to this team playing more fixtures in the future. You should be proud of yourselves girls. Well done!

U13 Girls Football Semi-Final

On Thursday 27th March the U13 girls football team had their semi-final against St Benedicts in the Suffolk Cup. The girls put on an amazing performance for their first time playing together this year. The girl's defence was strong throughout the entire match, and Hannah Langley and Kaitlin Manuel worked together amazingly well to prevent St Benedict's from getting through. St Benedict's then had a chance to score, hitting the cross bar straight into the arms of Ella.

22 minutes into the first half we were awarded a penalty from a handball, taken by Brooke Gathercole. Brooke went bottom left and made the score 2-0.

The second half saw a few changes to the line-up and still prevented the other team from scoring, with some amazing saves by Ella Brewer. A clean sheet and a convincing 2-0 win to see MCA reach the final of the West Suffolk Cup.

U13 Boys Handball

MCA travelled to Sybil Andrews for the West Suffolk Final for handball. The boys won the previous game 15-2 to book their place in the final tournament. MCA's first opponent was Sybil Andrews. The game

was a very close affair with both defences coming out on top. MCA took the lead after a well worked move was finished off by Kobe Adams. Sybil Andrews then swiftly equalised. MCA continued to push for the winner and thought they had it but Reggie White's shot cannoned off the crossbar. MCA still pushed for the winner however, in doing so conceded a last-minute goal. Final score MCA 1 - 2 Sybil Andrews.

MCA's second game was against Stowmarket and you could see from the outset they were a strong opponent. Stowmarket took a 3-0 lead and this would have been more but David Kurcon pulled off a terrific save to keep the score respectable.

MCA continued to push and were rewarded after Oliver Wells found space and arrowed the ball into the bottom corner. MCA scored another in quick succession. This time it was Max Rutter whose shot clipped the post and rolled in. In trying to push for the all-important equaliser, MCA were hit on the counter. The game was end to end and could have gone either way. Final score MCA 2 - 4 Stowmarket.

MCA's final game was against King Edwards. MCA came flying out of the traps and took a 2-0 lead after two brilliant finishes from Ashton Sharwood and Oliver Wells. King Edwards then went on the offensive and scored two quick fire goals. They then looked to take the lead but great defensive work from Ka'Mari Jones-Clarke and Reggie White kept the scores level. MCA then took the lead after Ashton Sharwood powered his way through and his unstoppable shot flew into the top corner. The game was end to end with both teams very much looking for the win. King Edwards did equalise with 1 minute to go. MCA then had their final chance to win the game, but Max Rutter saw

Sport

his shot tipped over the bar. King Edwards then had their chance to win it, but David Kurcon came up with a huge save. A brilliant game where either team could have won it. Final score MCA 3 - 3 King Edwards.

U13 Boys Compete Basketball



The U13 boys compete basketball team competed in their tournament on Wednesday 26th March at Samuel Ward. By the time we arrived, the other two teams at the fixture had already got started, with Samuel Ward winning this game by 20 points. Next up MCA vs Samuel Ward, so we knew we had to start off quickly to have a good start. The first quarter started with some very quick play and Riley Warren scoring a basket within the first 5 seconds helping to settle the nerves.

The rest of the quarter was very quick play with plenty of baskets at both ends leading to a 10-10 draw after the first quarter. The second quarter started with a completely different line up. This quarter was started off strongly by Samuel Ward as they took the lead (14-10) for the first time in the game. MCA then started to battle back with some strong defensive play from Emil Skorek scoring loads of baskets taking us into half time tied at 18 all. The third quarter started, and it was all to play for. MCA took a strong hold in the game here with some brilliant team play from both Lukasz and David Kurcon and a lot of baskets scored between Riley and Emil, including an amazing 'buzzer-beater' 3 point shot from Riley Warren

taking MCA to 35-24 after the 3rd quarter. The last quarter started, and good play from Ka'mari Jones Clarke, George Richardson and Sean Doyle lead to another strong quarter and helped MCA finish strongly and win 45-26, a hard fought, well earned win.

The next game was against Ormiston Sudbury, who had already lost to Samuel Ward. However, the boys knew they could not be complacent as a win still has to be earned. The boys played well in the first 3 quarters, with some good baskets scored from Emil, Riley and George leading to MCA winning by 20-0 going into the last quarter. Sudbury managed to get in some good play in the last quarter, managing to get some points on the score board. However, MCA managed to get in a few more and came away victorious winning 28-6. Overall, a brilliant few games of basketball for MCA and two thoroughly deserved wins. Well done to all those who competed.

U14 Boys Internal Fixtures

After many weeks of anticipation the day finally arrived, the Year 9 derby to earn bragging rights for the rest of the year. The conditions were perfect for the occasion, sun high in the sky and still air. The ball got rolling around 4 o'clock and for 15 minutes the game was tightly contested. Big challenges, goal line clearances and an intense midfield battle kept the scores level into the first quarter of an hour. On 16 minutes the ball broke to Tobias Barrett, bombing down the line. He took the ball to the byline, dug out a flat cross to Mckenzi Sulman for a tap in on the goal line. Despite the protest from the Oranges that the ball was out, the officials made the controversial decision that the goal stood. For the next 5 minutes the floodgates opened for the Blues. Tobias Barrett fired home shortly after, digging a half volley into the ground



and bouncing up past the keeper's despairing glances.

James McAulay brought the house down with an incredible strike from distance, one touch out of his feet and a pearler into the top corner fired the blues into a 3-0 lead going into half time. Oranges began the second half with much more intensity and zip. Joe Alexander kept up his red-hot scoring form, placing a well taken finish from close range to make it 3-1. Goal of the day would've gone to Tobias Barrett had the crossbar not denied his dipping 30 yard curler from rattling the upper stanchion. Ultimately the wind was taken quickly out of the orange sails as Tobias Barrett's second of the day sent the blues into a comfortable 4-1 win. Why not round off a world class performance with another world class goal? Mckenzi Sulman slipped the offside trap, leathering a half volley across the goal into the side netting, Robin van Persie vs Aston Villa esque.

Game 2 was played with Pinks vs Reds on the far pitch. The game started well with back and forth from both teams. The Pinks started the game on the attack putting pressure on the Reds and creating a couple of chances that were dealt with by Toby Liles and the Red defenders. The Reds pushed forwards and won themselves a corner, the ball was sent in and a miscommunication from the Pinks led to the ball going in their own net giving the Reds a 1-0 lead. This did not put the Pinks off, after 5 minutes of applying the pressure, some tidy feet from Jake Houser in the box gave the Pinks

a yard of space that Jake calmly put into the corner, equalling the game at 1-1. The Pinks continued to put the pressure on but no more goals were scored in the first half, finishing 1-1. The second half started with a controversial halftime transfer from the Reds bringing Wesley in the midfield.

With the fresh legs Reds tried to change the game but Pinks organised themselves well to stop them getting through. Reds kept going on the attack which led to some clear chances that were not taken, Matthew Cooper missing from close range and Ethan Neville blasting the ball over the bar gave the Pinks a sigh of relief. Pinks then took the ball from the back and blasted up the left hand side with Aidan Woodeson with a clever pass driving the ball forwards and placing it in the bottom left corner giving the Pinks a a 2-1 lead. Reds tried again but some calm defending from Kaleb Redmond to clear the ball away finishing the game 2-1 to the Pinks. Excellent refereing from Jacob Watkins, keeping the game under control.



All in all, a fantastic occasion played at high intensity and in good spirits, all of the boys did themselves and the academy proud. A huge thank you to Mr French for organising the event and running an enjoyable afternoon for all involved!

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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attendance
MATTERS

Clubs and Activities

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.



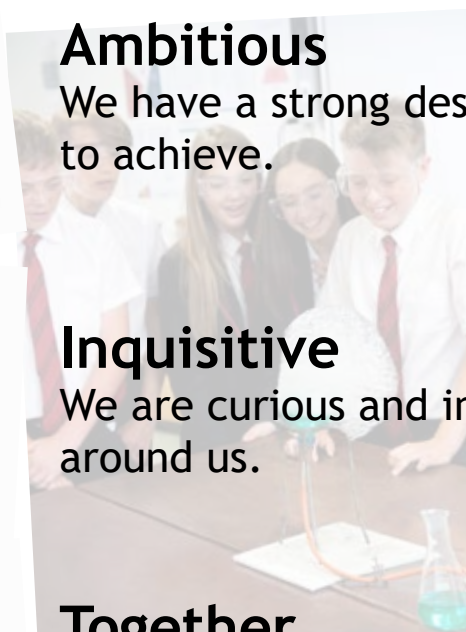
Resilient

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



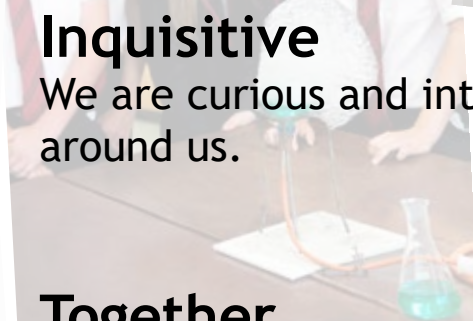
Ambitious

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