

July 2025



Students Celebrate in Style

Principal: Mr J Oxley

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Welcome

Dear Parents, Carers, Students and Friends of Mildenhall College Academy.

As we come to the end of another successful year at MCA, I want to take this opportunity to reflect on what has been a truly rewarding and dynamic twelve months for our school community.

This year, our students and staff have truly embodied our TRAITS values – Togetherness, Resilience, Ambition, Inquisitiveness, Teamwork, and Success – in everything they have done. At the heart of MCA is our simple yet powerful ethos: Work hard and be kind. These guiding principles have shaped a year of achievement, growth, and community spirit.



One of the most exciting developments has been the significant increase in positive behaviour points awarded. This year, our students have earned a total of 553,980 positive events, an average of 181.90 per student. This is a staggering 165% increase compared with last year's 208,718 events (86.72 per student). This phenomenal rise reflects the positive culture we continue to build together. We want all of our students to be intrinsically motivated. Recognising and rewarding our young people for their hard work is an important means to encourage independent success. I am so proud of our students this year.

This year it has been my aim to listen more closely than ever to the voices of our students and their parents or carers. We're proud that their ideas have directly led to improvements. These include the introduction of shorts and non-black socks in our school uniform, allowing students to eat on the field, and opening computer rooms at lunchtime. Thank you for sharing your views – your engagement has made a real difference. In response to feedback, we've also launched a more informative reporting system for Key Stage 3 students. This ensures that both targets and working-at grades are clearer and more accessible for all members of our community.

Our extra-curricular offer this term has been nothing short of inspiring. This final newsletter showcase the excellent opportunities which included:

- Our student representatives attending the Suffolk Youth Climate Conference, where they heard from wildlife expert Steve Backshall.
- A fantastic field trip to Cromer for our Year 10 Geographers.
- A moving visit to Auschwitz for four Year 12 Historians, who returned with powerful reflections and insights.
- Our Year 10s visiting the WW1 Battlefields in Belgium, bringing history to life.
- Year 12 students taking part in enriching work experience placements, gaining invaluable insight into the world beyond school.

Welcome

- We ended the year with a joyful celebration of talent and community at our Summer Music Festival Concert – an event to remember!

We have also thoroughly enjoyed welcoming our new Year 7 students, and our Meet the Tutor Evening was a great success, giving families a chance to connect and feel at home within the MCA community.

As we celebrate these accomplishments, we also say a fond farewell to several valued colleagues who are leaving us at the end of this year:

- Mrs Kerr, Maths Teacher and Senior Leader
- Mr Daniels, DT and Art Faculty Leader
- Mrs Smith, Maths Teacher
- Mr Kelly, Computer Science Teacher
- Miss Sutterby, Science Teacher and Social Sciences Assistant Faculty Leader
- Mr Fahy, English Teacher
- Mrs Price, MFL Teacher

From our Operational Team we also say goodbye to:

- Ms Clarke
- Ms Cressall
- Ms Payne

From our site team we say goodbye to Mr Brown and Mr Crisp. Each of my colleagues have made a lasting impact at MCA / MCA6, and they leave with our deepest thanks and best wishes for the future.

Thank you to all our students, families, and staff for your continued support and commitment to making MCA such a special place to learn and grow.

Have a safe, restful and well-deserved summer break. We look forward to welcoming everyone back in September for another year of success and growth.



Mr J Oxley
Principal

Work hard; be kind

Working together; supporting individuals



Dates For Your Diary



Tuesday 22nd July – Last Day of Term: Half Day!

Thursday 14th August – A Level Results Day

Thursday 14th August - 11am to 2pm – Uniform Shop

Thursday 21st August – GCSE Results Day and enrolment at MCA6

Monday 1st and Tuesday 2nd September – PD Days

Wednesday 3rd September – Students Return



2025-26 Prefect Team



Don't forget to follow us on Facebook and X to keep up with important information and all the exciting things taking place at MCA and MCA6

100% Attendance

Congratulations to the following students who have achieved 100% attendance for the whole academic year:

Saul Andrews
Paavan Balrey
Ole Barton
Alexandar Basil
Riley Blowers
Charlie Brickett
Savanah Buachie
Katie Byrne
Kai Chiwotswa
Finley Clarke
Krysti Cooper
Neve Crowe
Nuno Custodio
Abbie Davies
Alexis De Luca
Evie Dixon
Elliot Downing
Jack Eaton
Henry Edwards
Isabella Flack
Jessica Foulger
Klara Glodkowska
Luke Goldstone
Amelia Goodchild
Isaac Harwood
Harry Hazlett
Jessica Hinchliffe
Jasmine Hines
Pierre Hopkinson
Amelia-Rose Hudson

Ellie Karam
Benjamin Kerry-Jefferies
Dara Lagunju
Jessica Langwith
Morgan Linge
Lewis Morgan
Kenny Morley
Isaac Mynott
Nicole Nunes
Bluebelle Nyberg
Junior Ofori
Sarfo Ofori
Neilan Ologbosele
Layla Palmer
Jenson Pamment
Jaiden Peachey
Jake Preece
Jessica Redgrave
Kai Regan
River Robinson
Daniel Roffe
Shammah Sayidi
Emil Skorek
Scarlett Talbot-Orbell
Eleanor Taylor
Lexi Thompson
Jean Townsin
Theo Warby
Lula Wellings
Henry Woollard
Archie Zawiasa



100%



100%



100%



100%



100%



100%



Congratulations

Year 11 Prom



Year 11 Prom



Lessons From Auschwitz Project

On the 23rd and 26th March four Year 12 History students took part in the Lessons From Auschwitz Project with the Holocaust Education Trust. This project is one that the history faculty takes part in every year and is open exclusively to students who study A-level history. The project consists of a day visit to London for an orientation seminar where students meet Holocaust survivor Eva Clarke and listen to her testimony, a day trip to Poland to have a guided tour of Auschwitz-Birkenau and a reflective project which students complete at the end. The aims of the project are to gain an understanding of what the Holocaust was and why it happened, to learn about the stories of individuals who experienced or were victim to the Holocaust and to reflect on why it is so important that it is remembered.

Over the last few weeks our four students who successfully secured a place on the project completed their reflective statements and work and have shared what they have learnt with the wider MCA community, including Year 9 students who have recently been studying the Holocaust in their history lessons.

Here are some of the thought-provoking pieces of reflective work that Year 12 students who attended the project have completed and shared with us.

Hannah Edwards created a creative and visual representation of the projects core message.

Within each letter are hundreds of names of victims of the Holocaust.



We are hoping to have this piece of artwork displayed at MCA6 next year.

Bella Betts and **Elizabeth Osier** chose to create an engaging lesson for Year 9 students where they shared some of their knowledge of Auschwitz-Birkenau and had students working in groups to learn the stories of a range of individuals and their experiences of living in Nazi-occupied countries across Europe. The lesson was titled 'What can we learn about the Holocaust through the stories of individuals?'



Kaia Heffer has written a very informative article to be shared with the history faculty and MCA6 students. Kaia uses a primary source, a letter uncovered at Auschwitz-Birkenau to inform readers of Zelma Gradowski's experience and to use their story to explain to readers what the Holocaust was and why it is so important that we remember it.

The History Faculty are proud to work so closely with the Holocaust Education Trust and look forward to selecting some Year 12 history students next year to work on the Lessons from Auschwitz project again.



Year 10 Battlefields Trip



The Year 10 First World War Battlefield trip was an amazing opportunity to learn about and see life as one of the soldiers who fought in the Great War. It was enlightening and interesting as we discovered so much about the War that we never knew.

Being able to visit so many cemeteries meant that we heard stories that may be lost, of people who fought and died. Visiting the actual trenches was also eye opening as we were able to visualise the conditions that men fought in.

Going to Talbot House meant we learnt about people who tried to help the soldiers in their need and make their life a little bit easier and homely as they faced the horrors of the trenches. We were privileged to take part in the Last Post ceremony at the Menin Gate. This daily act shows that the War will never be forgotten by people today, including the Prime Minister of New Zealand who laid a wreath at the same time as us. I would recommend this trip if you have the chance to go in the future.

Kodee Ives, Year 10



Year 12 Work Experience

What a fantastic week our Year 12 students had on their Work Experience!

Below is feedback from some of our students and the businesses they attended.



'I have enjoyed my placement as I have managed to use SolidWorks to create a 3D design. After learning the program, I managed to recreate the design in a few minutes. Due to my age and Health and Safety restrictions I wasn't able to do any of the practical work, but gained valuable insight into how it all works. I also talked to many of my peers and learnt about the history of the work place.'

Euan, JKH Ltd

'I was provided with valuable information on how to work a checkout and how to organise products in date order, how to stock shelves and put excess in storage. How the butchers make burgers and how to package meat. I also learnt how to cut cheese with a cheese wire. I learnt about how the cafe operates - from how the food is made and served, to cleaning up the tables after customers have finished.'

Ashley, La Hogue Farm Shop & Cafe



'My week at Aquarius Veterinary Centre was successful. I had an amazing time and it made me realise that I want to go down the veterinary route. I really enjoyed learning about all the surgeries, all the different instruments needed to perform different surgeries. I also liked listening to the animal's heartbeats and counting them, looking at X-rays, watching a heart ultrasound. I was also in the consult rooms which was really interesting because there were a few cases where some of the animals needed to be examined, weighed, vaccinated and some nails clipped.'



'I did lots of cleaning to help prevent the spread of infections. I really enjoyed watching the ultrasound, seeing x-ray results, hands on time with the animals and even witnessing some things I thought I wouldn't like. Overall, it was such an amazing week and I would recommend anyone to go there for work experience if they want to go down the veterinary route, you learn so much and the people are so helpful if you have any questions.'

Katherine, Aquarius Veterinary Centre

'I had an eye-opening experience at Forest Academy; I was in a reception class for the week. I led small maths and reading groups with 4–5-year olds, which was great to work so closely with an age group I am interested in teaching post-18. In between during the childrens' busy learning (their play time) I over saw different activities and I really enjoyed the arts and crafts table! It was a great experience which has helped to solidify what I want my future career to be.'



Year 12 Work Experience

I do think that it is important to also note that not every place will be the same, so try different places to get the best knowledge of the area you want to go into.'

Bella, Forest Academy

'Just wanted to let you know how lovely it has been to have Harry working with me this week. He has turned into such a lovely young man and the children have responded very well to him and pumped him for information about MCA.'



It is so lovely to see how our young people turn out. You should be very proud of him'

Mrs Knight, Lakenheath Primary School

'During my work experience I experienced things I never thought I could actually do. To see things from the other perspective as a teacher, and it made me realise how difficult it is to teach, especially with troublesome classes. It was a real eye-opener!'

Aaron, Primary School

'During my work experience I observed people do their day to day routines, including the sterilising of used instruments and performing an extraction. I also observed the hygienist doing hygiene cleans and take x-rays. I also observed the roles at reception and saw how they follow up on people's treatments and chase people that haven't been in a while. I found this experience at the dentist very interesting and eye opening.'

Harry, Red Lodge Dental Surgery



During my work experience I found it very eye opening how enjoyable doing the job that you'd like would be.



I found it refreshing, actively doing something instead of being indoors at college all day. I enjoyed being around all the animals and taking care of them.

The different activities that I did in Work Experience were as followed:

- Cleaning Dog/Cat kennels.
- Watching and participating in operations.
- Working at the front desk and learning the system the surgery uses.
- Cleaning up messes made by dogs and cats.

Work experience at the vets was very enjoyable and I would like to do more work experience throughout the year. I also found that work experience increased my confidence and my social skills with people, I also found that it made me happier as a person as well. In conclusion, I enjoyed work experience and would be happy to do it again at a vet surgery.

George, Paul Jarman Veterinary Practice

**We would like to
acknowledge and thank
all the local businesses
and companies that
supported our Year 12
students.**

Year 12 Work Experience

'For my work experience, I travelled back to my high school, St Clement's High School to work within the PE team.



Throughout the week, I was involved in a wide range of activities that gave me a well-rounded experience of working in a school. I supported both practical and theory PE lessons, helping to set up equipment, assist students during activities, and even lead parts of warm-ups and drills. I particularly enjoyed working with Year 7 students during their athletics session, where I was able to offer guidance and encouragement, which helped boost their confidence and performance. Sitting in on theory lessons also showed me how much background knowledge is required in PE – from anatomy to training methods – which made me appreciate the subject even more.

I also took part in a number of admin tasks, such as organising equipment, preparing resources for lessons, and helping to manage registers and student data. Giving me a clearer picture of the planning and organisation that supports the smooth

running of the department. I attended staff briefings, where I got a feel for the communication and teamwork involved among the staff, and I also joined form sessions, which gave me an insight into the pastoral side of teaching and the importance of building positive relationships with students.

One of the highlights of the week was supporting Sports Day. I helped with setting up events, timing races, recording results, and cheering students on throughout the day. It was great to see the whole school come together in a competitive but supportive environment, and I felt proud to play a role in such a positive event.

This experience has confirmed my passion for sport. I've learned valuable skills such as communication, organisation, and leadership, and I now feel even more motivated to continue working towards a role where I can help others develop a love for physical activity.'

Amelia, St Clement's High School



Looking to join MCA6 Sixth Form in September? - apply via our website:

mildenhall.attrust.org.uk/sixth-form/



GCSE Results Day = MCA6 Enrolment Day



Thursday 21st August



From 9am



At MCA



Environment Committee

The Environment Committee were delighted to be invited to the third Suffolk Youth Climate Conference



in July. We have attended all three conferences so far and were excited to attend the biggest yet!

The keynote speaker was naturalist and Deadly 60 presenter Steve Backshall, who told us stories about his close encounters with deadly animals as well as his work to raise awareness of climate issues, and risks to endangered species. Steve Backshall also took part in a lengthy Q&A session – he told us about being stalked by a hungry polar bear, and that his most risky encounter was underwater with a hippo!

The second speaker was Amy Meek – founder of Kids Against Plastic when aged only 12! Amy was enthusiastic and articulate, and incredibly inspiring.

MCA's students took part in a range of workshops and Chris created his own circular creation. The students also contributed to some live art and came back to MCA with lots of ideas for the Environment Committee next year.



Year 10 Geographers Fieldwork Day in Cromer

This June, MCA's Year 10 geographers travelled to Cromer in Norfolk for their physical fieldwork. This trip was an important part of their course, allowing them to collect and analyse data first hand. Over a hot and sunny day, the students engaged in various activities to enhance their geographical skills.

They conducted beach surveys, measured groyne, and created detailed beach profiles. The pier and beach made great outdoor classrooms!

The students also enjoyed time together by the seaside. They had a picnic on the beach and treated themselves to ice creams, making the most of the seaside surroundings.

We are proud of our Year 10 geographers for the way they threw themselves into the trip, and would like to thank Mr Smith, Miss Hood, Miss Gould, Miss Freeman, Mrs Wright, Mrs Betts, Mrs Powling and Mrs Willingham for joining the geography team on the trips.



Resources to Support You on Exam Results Days

Knowing where to look for clear, trustworthy information is one of the most powerful ways parents/carers can support their child before, on and after results day. It reassures your child that there are next steps and alternative routes, even if their original plan has changed.

If your child attends a school or college, find out what they offer in terms of support on results day and if there will be staff available to talk to. In addition, Amazing Apprenticeships have created a special page on their website to share information about technical education options, with information and resources tailored to post-16 and post-18 results days.



Find out more by visiting:
www.amazingapprenticeships.com/results-day/

Choices Magazine

If your child is considering an Apprenticeship as their next step then 'Choices' magazine is the ultimate parent and carer guide to apprenticeships and technical education! It is completely free of charge – find this month's edition here:

amapps.uk/parent-magazine

and sign up to receive it each month, direct to your inbox: amapps.uk/choices

Amazing Apprenticeships' Parent and Carer zone is also a great place to explore apprenticeships and technical education:

amazingapprenticeships.com/zones/parent/

An advertisement for 'CHOICES MAGAZINE'. At the top, it says 'CHOICES MAGAZINE' in large white letters on a red background, with the subtitle 'The monthly parent and carer guide to apprenticeships and technical education'. Below this, there are six smartphone screens displaying different covers of the magazine. To the right of the screens, it says 'SUBSCRIBE TO RECEIVE YOUR FREE EDITION EACH MONTH:' followed by a list of benefits: 'Build your knowledge of apprenticeships and technical education', 'Stay up to date with the latest news', 'Completely free of charge', and 'Get your copy before everyone else, straight to your inbox'. Below the list, there are two QR codes. The first QR code is labeled 'SUBSCRIBE HERE:' with the link 'amapps.uk/choices'. The second QR code is labeled 'FIND PAST EDITIONS HERE:' with the link 'amapps.uk/parent-magazine'. At the bottom, a red banner says 'Discover more about apprenticeships and technical education' with the link 'amazingapprenticeships.com'.

Dates For Your Diary

Tuesday 30th September 2025 – Year 11 Parent and Carer's Evening Session with West Suffolk College from 5.30pm to 6.30pm [Book your slot at this event here](#)

Wednesday 24th September 2025 - Years 9, 10 and 11 talk - Preparation for Army and Military Training College.

Look out for sign up information for these events in September

Nicki Howe - Independent Careers Advisor

I am an experienced and enthusiastic Level 7 qualified careers guidance professional. I currently work with students from years 7 - 13.



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

This is a process that I both thrive being a part of, and one that I feel privileged to have delivered for over 20 years.

During my time as a career development professional I have worked within Careers Wales Gwent, Suffolk Connexions, and Suffolk CYP Integrated services.

Nicki will be with us on GCSE results day – 21st August 2025

Mrs Seaney, in her role as the Careers Administrator, is continuing to build relationships with the local community and businesses, as well as developing connections further afield.

In July, Mrs Seaney will attend The Norfolk and Suffolk Careers Conference for Careers Professionals. The theme for this year's conference is about Opportunities for All; the day will consist of several presentations and interactive workshops, which will showcase how to empower and encourage employment for every young person in Norfolk and Suffolk. The event will have speakers from: Aviva, Tech Educators,

Equinor, Swarm Training, Working Well Norfolk, and the Careers and Enterprise Company.

In September, Mrs Seaney will be attending an event at the KLM Training College in Norwich. This opportunity offers professional learning in different contexts that can be brought back into the classroom and passed on to students. To provide all young people with the best possible support. Teaching staff and education leaders need to understand how curriculum subjects relate to different industries and the various pathways to work, including apprenticeships.

If you are a local business and would like to support our young people either through work experience or sharing knowledge through interactions we would love to hear from you. Please do get in touch with Mrs Seaney via email:

jane.seaney@attrust.org.uk

Client groups

- ✓ FE students
- ✓ School pupils
- ✓ Vocational education students
- ✓ Clients with special educational needs/difficulties

Services offered

- ✓ Job application assistance
- ✓ Career guidance
- ✓ Career education
- ✓ Career management skills
- ✓ Career information
- ✓ CV preparation
- ✓ Interview Coaching

Duke of Edinburgh



This years Bronze Duke of Edinburgh expedition took place between Friday 6th and Saturday 7th June. As the Bronze D of E takes place every June it is usually very hot, however the weather this year had other ideas!

On the Friday all students were at school by 8:45 ready to be driven to their first checkpoints of the expedition. There were four D of E groups in total, two of them started in West Stow with the other two in Elveden. The groups set off one at a time at 9:30am, and their walk on day one was a mighty 21km all the way to Thorpe Woodlands, Thetford. The first checkpoint was about a 5km walk that in previous years has been relatively straight forward. However, this year proved differently with three of the four groups getting slightly lost and not able to get to the checkpoint in the appropriate time, however most groups managed to work out where they were and get back on the correct route, with only one group needing to use the what.3.words app for Mr Waterson to go and find them!

The terrain across the first day was tricky, with a lot of it being sandy and uneven next to farmers fields and was starting to get

muddier with a few downpours of rain, all of which added to the trickiness of the first day. The first three groups navigated their way well, getting back to camp in good time, showing great teamwork along the way. The last group were finding things more difficult, however still showed resilience to complete the first day of the expedition.

Now all students were back at camp they were putting their tents up and cooking their food for the evening, using their cooking skills to great effect. After this it was time for some downtime, a long game of 'sardines' was played (similar to hide and seek), as well



Duke of Edinburgh



as some time on the practical equipment before sitting down by the campfire to enjoy some toasted marshmallows. As night came lights were out by 10:30pm in preparation for the day ahead.

A screaming deer at 4am woke up nearly everyone the next morning, which meant everyone was awake at 5am for a very early start. The students battled the elements in the morning as it started to rain from 6am, meaning the students had to have their breakfast and pack away their tents whilst already wet! However, the students all showed great resilience, working together well managing to all start by 8am.

All groups got off to a good start on the Saturday, managing to get to the first checkpoint in good time and then all cross

the A11 safely in the pouring rain! The rest of the day was tough as many of the students were suffering with aches and pains that they picked up from the day before. The conditions made it a little more difficult. However, as they ticked away the miles, spirits started to rise as they knew they were nearing the end of their D of E expedition. The day finished in Croxton, with all groups overwhelmed with happiness once they had crossed the finish line and completed their D of E expedition! Two hard days of walking finally paid off. After this, they all headed home for a well-earned rest and nap! Well done to all students who managed to complete this year's D of E Bronze expedition.



GOWARD & EVANS CHARITIES LAKENHEATH Reg Charity No. 253727

The Trustees wish to remind all residents of the Parish of Lakenheath that written applications for both 'Relief in Need' and Education grants (young people under the age of 25) are welcomed in advance of meetings held in March and September each year.

Applications for our next meeting (including those wishing to apply for support for Post-16/18 Education – 6th Form/College/Further or Higher Ed/University etc) are required by **25th August 2025** at the latest please.

Anyone may feel free to contact the Clerk to the Trustees (in confidence and at any time during the year) :

Mrs Laura Williams c/o 8 Woodcutters Way, Lakenheath, Suffolk IP27 9JQ

Mobile: 07796 018816

Email: laurawill@btinternet.com



We're so pleased to be able to speak to you all as the new Head Boy and Head Girls of MCA⁶. Throughout our upcoming year, we and the rest of our excellent prefect team are excited to bring some of your ideas to life and to hopefully fundraise a great 2026 Midsummer Ball!

We will do everything we can to keep our Sixth Form in the best condition possible for students and staff, whilst maintaining the fun learning environment we already know it to be by listening to everyone who has something to say.

We are looking forward to meeting some of our new Year 12 students during our trip to High Lodge and also to you joining us in September.

Once again, we're all so excited to be in the position to help our academy and community so closely. Enjoy your Summer break from your Head Boy and Head Girls: **Lucas, Bella and Elizabeth.**

UCAS Trip Review

The trip to Essex University, Colchester, was a brilliant trip which opened not only my eyes, but other students to other universities, apprentices and opportunities that lie ahead of Sixth Form.



Many of the universities that attended the event were very friendly, welcoming and thorough with the information they were providing.

There were a variety of universities at the event so there was no limit for choice and the event was inclusive of everybody. Each university stand provided a booklet or a pamphlet which contained clear summaries of what is available at each university, the entry requirements, student life, the location and what the university has to offer which I really liked because each university portrayed themselves as a community rather than an institution, which is why they seemed so appealing and friendly.

The variety of lectures that were provided from the University of Essex were also extremely useful and impressive in explaining what can be provided from that specific university. I would recommend this trip because new universities, apprenticeships and opportunities can be discovered for anyone.



Sixth Form News

A Night to Remember: Year 13 Midsummer Ball at Hockwold Hall



On Tuesday 1st July our Year 13 students marked the end of their journey at MCA⁶ with an unforgettable evening at the stunning Hockwold Hall for the Midsummer Ball.



The event was beautifully planned and brought to life by our incredible Head Girls, Charley Cobbold and Evie Beale, whose hard work made the night truly magical.

A heartfelt thank you goes to all the staff, parents and carers who helped make the celebration such a success. A special thank you goes to DC Event Photography, for providing the photobooth. The evening was the perfect send-off and a fitting tribute to the achievements and memories of our fantastic Year 13 cohort.



 dceventphotography@proton.me
 07533 857440

Social Trip to High Lodge

The current Year 12s had a great day getting to know prospective Sixth Form students looking to join MCA⁶ in September during a social day out at High Lodge.



Excited for GCSE Results Day? So Are We at MCA⁶!

We can't wait to welcome our new cohort of students to MCA⁶ on GCSE Results Day – Thursday 21st August. Whether you've already applied or are still weighing up your Post-16 options, it's not too late to join us.

After you've collected your results, come and chat with our friendly MCA⁶ team. We'll be ready to guide you through your A-Level and Level 3 course options and help you take your next steps with confidence.

Enrolment opens at 9am at MCA.

Can't make it on the day? No problem, just get in touch with Mrs Wallace, our Sixth Form Administrator:

catherine.wallace@attrust.org.uk



GCSE Results Day = MCA⁶ Enrolment Day



Thursday 21st August



From 9am



At MCA

Royal Society of Chemistry Competition

As we had finished our Year 12 mocks, we entered the RSC Schools' Analysis Competition. This is where we began our journey as analytical chemists, assisting the 'Department of Housing' to evaluate the suitability of an old industrial area for building new houses by testing soil samples for a range of different substances. We were provided with samples taken from soils and waste heaps for analysis.

Our first task was to find the quantity of sodium thiosulfate in the soil, as the compound releases sulphur dioxide when it decomposes; which I doubt would help sell any houses in the area. We had to titrate a standard solution of the soil sample against an iodine solution to produce a subtle blue/black solution (this took several attempts to not see an ugly brownish solution, and it turned out we were impatient!).

Here are the results we achieved:

Sample	Starting burette reading mL	End burette reading mL	Titre value mL
Rough	6.60	12.00	5.40
Accurate 1	12.00	17.25	5.25
Accurate 2	17.25	22.50	5.25
Accurate 3	22.50	27.75	5.25

Using our titration, we've found out that we were amazing at titrating and achieved the same titre each time! After some hefty trial and error in our calculations (emphasis on the errors), we've found for there to be around 0.0623g of sodium thiosulfate in our soil sample solution that weighed 6.16g. This is around 1% of the sample, which doesn't sound like a lot, but it shouldn't have been there in the first place.

The 'Department of Housing' gave us another sample that had stained the site-teams boots with a dark substance, which led to our second test; identifying the azo-dyes in the soil. We received a sample of the soil contaminated with the waste dyestuffs which had come from a previous chemical company that operated on this site, filthy stuff!

We analysed this by using thin-layer chromatography where we used an eluent solution to separate the dye mixture in the soil to determine the contaminants; we compared the soil sample with standard solutions of dyes (sunset yellow, allure red, tartrazine, brilliant blue, brilliant black and amido black), which looked incredible in my personal opinion.

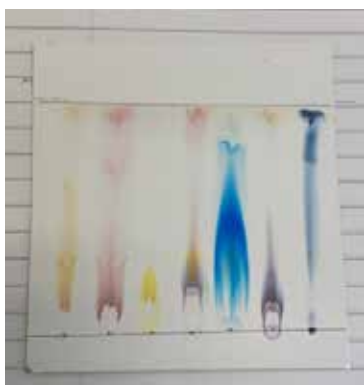
Spot name	Distance travelled by spot mm	Distance travelled by solvent front mm	Rf
Sunset yellow	13	68	0.19
Allure red	65		0.96
Tartrazine	12		0.18
Soil sample	13, 15, 66		0.19, 0.22, 0.97
Brilliant blue	31		0.46
Brilliant black	11		0.16
Amido black	59		0.87

We've practiced our capillary tube skills on a separate bit of filter paper before attempting the actual chromatogram, just in case we have any unwanted spills (we learnt from our mistakes with titration). We've found that in our sample of the soil, we had; Allure Red, Tartrazine, and Brilliant Black present!

Royal Society of Chemistry Competition

Our last task involved a sample that was hidden in a corner of the site; there was shown to be two small hills and on probing a few feet into one of them, it was found that the hill is not made purely of soil and there was a white granular substance mixed in. As a result, we were tasked with using a flame test to identify the metal cation in the substance.

We soaked some wooden splints in some samples of different cations (lithium, sodium, potassium, calcium and strontium).



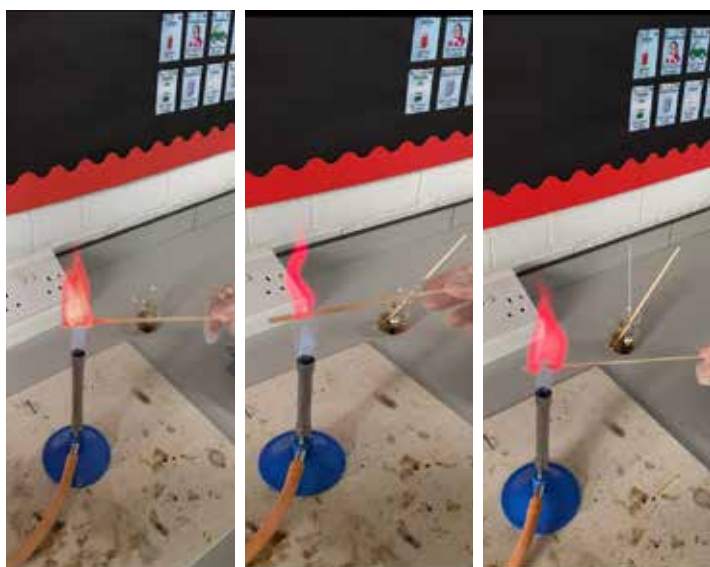
We also soaked some of the wooden splints in a sample from the site. We first burned the samples of the cations that we knew to see what colour flame they burned with. We then burned the soil sample to compare the colour with the samples that we previously burned.

and from our finding we found that lithium salt was present, although it did take us a while to decide whether it was strontium or lithium.

We moved on to the final part of the competition where we were using different chemical tests to see whether an inorganic anion was present within the soil samples. We added barium chloride to test for sulphate ions, but the result was no visible change. This was same when we added hydrochloric acid to test for the carbonate ion.

We also added nitric acid and silver nitrate to the sample. Upon the addition of the nitric acid and silver nitrate, we could instantly see that there was a white precipitate formed. The formation of the white precipitate suggested that the chloride ion was present within the sample. As a result, we identified the white granular substance in the hills to be lithium chloride.

This was overall a great experience, and it was fun to have a break from learning and put our skills to use with compounds we haven't seen before.



These are some photos from our main three flame tests that we did strontium salt (left), lithium salt (middle) and our soil sample (right). We had to determine which metal cation was present within our soil sample



Sixth Form Alumni

'My time at MCA⁶ was full of both academic and personal ups and downs, but throughout it all, I always felt supported by the staff. They were consistently willing to offer help whenever they could, which made a big difference to my experience.

Completing my A Levels at MCA⁶ gave me so many valuable opportunities that helped shape who I am today, from being Student Principal to taking part in public speaking competitions, going on international residential trips, and completing work experience placements.

I chose to study at MCA⁶ for a few reasons. Firstly, its location close to home meant I didn't have to worry about long commutes or buses. More importantly, I already had relationships with many of the teachers, which, during the uncertainty of the COVID period, gave me real confidence moving forward into Sixth Form life.

As a current undergraduate Psychology student, it's probably no surprise that my favourite A Level subject was Psychology. The teachers at MCA⁶ truly sparked my passion for the subject with their engaging, interactive lessons and supportive nature that helped me stay focused, even through challenging times. I'm genuinely grateful for their encouragement, which played a huge role in where I am today.

Another highlight was completing the Extended Project Qualification (EPQ). It allowed me to explore a topic I was passionate about in depth, while also improving my research and writing skills, something that's been incredibly useful in my university studies.

One of the biggest benefits of being part of a smaller Sixth Form like MCA⁶ is that so many

staff know you personally and understand how to support you as an individual, this is especially true of your tutor, who plays a key role in helping you plan your next steps after Sixth Form. Whether that's university or work; I personally relied heavily on mine for guidance and support during my UCAS application.

My biggest piece of advice for A Level students is probably what you're sick of hearing: start revising early and stay consistent. I know it sounds cliché, but time flies, especially once you reach university so make the most of every moment, enjoy the experience, and always prioritise your mental health, particularly during exam season.

Personally, evening walks were what kept me sane the night before an exam!

Breanna Poolton

'Small class sizes! Very personal and supportive environment!'

Oliver Merta

'My experience at MCA⁶ was hugely positive. The one-to-one support I received made such a difference—it always felt like there was someone willing to help, no matter the challenge. The staff were approachable and supportive both academically and personally, and it never felt like any question was too much to ask.

Sixth Form is what you make it, and at MCA⁶ I felt encouraged every step of the way to push myself and aim high. That support played a big part in helping me achieve results I'm proud of and secured a place at medical school.'

Harvey Alecock

Sixth Form Alumni

I loved the independence Sixth Form gave me. It was very refreshing to feel more in control of managing my own work – whilst having the support of teachers and surrounded by friends. Sixth Form is completely different to GCSEs and felt like a big step up. Overall, it was so exciting to have the freedom of studying my favourite subjects with classmates who equally loved them and teachers who taught with so much passion and energy.

I chose to study at MCA⁶ for its community. Having studied at MCA previously, I already knew how supportive the teachers were and felt comfortable in the environment. Sixth Form here was very close-knit which helped massively academically and personally too! It was super easy to make friends and access staff support which made my Sixth Form experience more enjoyable. Though I looked at other places, in the end I think I made the best decision as MCA⁶ was an amazing environment to thrive in.

I genuinely enjoyed all the subjects I took, especially thanks to the teachers support and encouragement. My favourite was Psychology which has always been a great passion of mine. It was such a fascinating subject which explored how people think and behave in so many different areas of life, from socially to forensic settings. Criminology gave me the chance to explore different aspects of criminal law whilst focusing on real life examples. It was also largely coursework based which massively relieved stress when it came to exams for me personally. Both were engaging and interactive and really influenced my future and what I decided to study at university.

My biggest tip is to choose subjects that bring you happiness and excitement, not

just what your friends are doing or what you think others would like you to do. It'll make all the difference when studying! Also, your academic journey is yours, so try not to compare yourself to others – just enjoy the experience and take everything as it comes.

Alex Endean

'More personal teaching means deeper subject understanding!'

Lillia Allen

My time at MCA⁶ gave me so much more than just good grades - it gave me confidence, support, and a genuine love for learning.

The teachers were passionate about their subjects and always had time for us. Their open-door approach, encouragement, and the resources they shared made a real difference.

It was a place where I could be myself, try new things, and actually enjoy learning. I'm now at university, and I often think about how well my Sixth Form prepared me - not just academically, but personally too.

Molly Merril



Summer Music Festival



THANK YOU to all who attended our Summer Music Festival. It was a very enjoyable evening for all and the students really enjoyed performing.



Chess Club



This half term at Chess Club, we hosted our last competition of this academic year. 3 students and a teacher turned out to compete and after a fun competition and some brilliant chess played from everyone that attended Mr Mottershead emerged as our winner and won himself an assortment of cakes.

Additionally, we were also present at both of the Year 6 transition days, where we ran multiple chess minigames to introduce the new students to the game and we hope to see them all again in September. Some examples of these games included a puzzle race - where students had to solve 3 puzzles as quickly as they could, and a checkmate challenge, where students had to find as many winning moves as they could in the same position.

As a leadership team, our focus this term has been looking at how to improve our teaching of the game in preparation for

students in September - we have done this with regular focused 'action steps', which are small, manageable goals about a specific area of teaching, which are rehearsed when teaching someone, and then feedback is given after.

We have some exciting changes to share with you which were alluded to in our last article! From September we are introducing proper chess timers, allowing students to play a more fast-paced game if they want, which should make it more engaging. Additionally, our lunchtime sessions are moving to Tuesdays next year, which should give us more time with the students - as a lot of Mondays are lost due to things like bank holidays.

If you are looking to improve your strategy and logical thinking next year, why not make the first move towards that goal through joining Chess Club, we would love to meet you in September!

Touch to Twickenham



On Wednesday 21st May, the U14s had a touch rugby tournament. This was the regional qualifiers. If successful, the team will travel to the finals to have the chance to play at Twickenham during the Autumn Internationals.

On arrival, England Rugby coach gave the teams a debrief before taking the 4 teams through a quick training session to warm up and grasp the concept of the game. The game is fairly new, especially to us as a team, so took some time getting used to the way it is played.

Our first game was against Wymondham College. The game started slow, with some nerves from the MCA team. Some good play was seen throughout but there wasn't much pitch gained. Despite a fantastic bit of play from Ethan Neville, who grubber kicked the ball through their defence and chased it down to score our first try of the tournament. Unfortunately, this wasn't quite enough when MCA came out with a 6-1 loss.

Second was against County High Bib team. After a bit more confidence from the players having played the first game, they seemed a lot more settled. MCA saw a lot of the ball once again, however, struggled to break the County defence down. Throughout the game, there were some good passes and tags from Keira Davis and Gracie-Mae Lloydd. Alfie-William Johnston was organising well from the back, to help the defence stay strong against a quicker County player. Despite the best efforts, MCA once again came away with a 3-0 loss.

Our final game was against County High Non-Bibs. With MCA desperately wanting to get an in on the board, all players were well up for the fight. MCA started the game fast once again, with some intelligent play from Ethan Neville and Leo Park helping MCA gain the yards. MCA were defending well up the pitch preventing County the opportunity to attack. Eventually the breakthrough came, and MCA scored two quick tries, both coming from Luke Goldstone. A nervy end to the game as County got one try back, but the defence of MCA stayed strong and earnt a well-deserved victory!

Overall, it was a great day out for all. MCA finished 3rd out of 4, which is brilliant for their first efforts against some tough opposition. MCA won the best sportsmanship award, which was recognised by the official, along with a big shout out to CR and Erin Bailey who won the awards for individual players by showing good leadership and sportsmanship throughout the tournament, well done to both! Everyone represented the academy brilliantly and thoroughly enjoyed themselves.

U15 Rounders



The U15s headed to their first fixture of the year. We had 5 games to play, with the winner going through to the county finals. Our first game was against OSA and we had a few preliminary nerves. We won the chance to field first, which meant we knew what score to chase.

OSA had a strong batting team and raced into scoring in the first few balls. Belle Clark was bowling strongly with the aim of trying to limit their scoring. It took a while for MCA to find their strongest fielding positions and settle. OSA scored a strong 91/2 in their innings. MCA stepped up to bat and were consistent. However, OSA's fielding matched their batting and they kept us to 3 rounders. Final score 91/2 to 3.

After this first game, we felt more comfortable with positions and the tactics to apply moving forwards. Our second game was against County High. This was a close fought game from the beginning. MCA showed some outstanding fielding with great teamwork showed between Livia Faley (2nd Post) and Eden Benion (Backstop) to keep scoring down. Peyton Strike held a strong position on 4th post and was great at catching throws in from the deep field. We held County to 4 ½ rounders. Stepping up to bat MCA grew in confidence. We knew we could beat this score. Neah Blyth-Tancock

smashed some incredible hits to take us into the lead. Madison Alcock showed her speed in moving around the posts to also collect a rounder. We were steady throughout the batting and pulled out a 61/2 to 41/2 win!

The third game was against KES. This would be a challenge but we threw everything at it. We fielded first again and after the first 10 balls, KES had only score 3 rounders! Belle Clark made an outstanding reaction time catch at the bowlers box, to get the batter out. Ana Figueiredo Da Costa stepped up in the field to deliver throws into the posts aiming to get their runners out. However, KES stepped up their game in the last half of the game and their score rocketed – finishing on 10 ½. When we came into bat again we were strong and consistent but KES were quick to every ball meaning it was hard for us to score more than ½ rounder each ball. Unfortunately we couldn't pull back the lead and the game finished 10 ½ to 5 ½.

The fourth game was against TGS. We had seen this team playing earlier and they had some outstanding batters and fielders – some who played county cricket. They started very strongly scoring 4 rounders in the first 4 balls with incredible hits into the deep field. However, MCA adjusted their formation with the aim of limiting TGS. Beth Edson made an incredible high catch to get their strongest batter out and the tides were turning in favour of MCA. We managed to hold TGS to 6 rounders. We stepped up to bat and showed our talent.

Mariana Prates regularly made contact with the ball, reaching second post and gaining us ½ rounders. Neah again smashed the ball into their deep field and took off to get around all 4 posts. An fantastic display on fielding and batting enabled us to win 7 ½ to 6.

Sport

Our final game was against Stowmarket. We wanted to finish on a win. We batted first this time meaning we had to go all out and give it everything. I can say that we did! Excellent hitting again from everyone meant we achieved our joint highest total of 7 ½ rounders.

Stowmarket came into bat and were chasing this hard. They had a strong start with another quick rounders and ½ rounders. MCA continued to focus and showed great communication to get some batters out and stop them scoring. In a very tight game MCA managed to take the win 7 ½ to 7!

With all the results through MCA managed to finish joint 2nd on games won which was an amazing achievement! Unfortunately it was not quite good enough to qualify for the country finals. But an outstanding performance all afternoon from our girls. Well done we are super proud!

U15 Super 8 Athletics



On Wednesday 4th June, the Year 10 students travelled to Bury track, to compete in their last ever Super 8's Athletics event. The day was hot, and all students were ready to go. The day started with the boys competing in their field events first, whilst the girls took to the track.

Everyone tried and competed extremely well, as well as representing the academy well. Although some nerves were surfacing at the start, MCA settled into their events well and showed some great resilience throughout the afternoon.

There was great teamwork and support shown throughout the afternoon, with cheering and encouragement being heard. There were some stand out performances, with Max Pearson winning his 100m race, and Zach Gibbins coming 4th, out of roughly 20 competitors, in his 1500m.

Overall, a great afternoon for the Year 10's who stepped up, with some coming out of their comfort zone and trying new events.

Leadership

Our leaders headed to Great Heath Academy to support the Primary BEE netball event for years 5 and 6. Leaders were required to support with umpiring of games, timing and scoring games. They also led some skills sessions for those teams that were off, not playing.

It was fantastic to see the confidence and enthusiasm on display from both our leaders and the students involved. The primary school students were loving the skills sessions our leaders were running.

Thank you to Abby Bosomworth, Erin Hobbs, Izzy Keogh, Jessica Lee, Maisie Read, Jazmine Kent, Grace Henderson, Laila Ashby, Hannah Rolfe for their great leadership display!



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U12 Rounders

Tuesday 10th June saw the day that the U12 Rounders team had the chance to compete in their first rounders tournament. It was a lovely summers day in Sudbury and the team were extremely excited. There were 2 groups of 4 teams, we were in Group 1 along with Ormiston Sudbury Academy, Newmarket and County. All three were set to be tough games, however we were up for it.



The first game saw us come up against Newmarket, where we won the toss and chose to field first. With it being the girls first game, they were keen to attempt and beat the target score set by Newmarket. As the game got started, there were lots of nerves floating around, as well as a lot of panic in the field. However, the girls grew into the game and started to think about their fielding a lot better. Newmarket scored 7 rounders with MCA getting 1 batter out.

With 7 being the target to beat, MCA were ready for the task at hand. With a couple of good rounders and a half by, put MCA in a good position. Unfortunately, it wasn't quite enough after 20 good balls and saw MCA reaching only 5 ½ Rounders with 3 outs.

Newmarket 7 – 5 ½ MCA

The second game was against the hosts OSA. OSA won the toss this time and chose to field first, which gave MCA a chance to get some rounders in early on. MCA found it tough, with some extremely good fielding from OSA, restricting us to only 4 ½ rounders with 3 outs. OSA were still to bat however, which still gave us a good chance. With some good bowling from Sierra Jarvis saw MCA get OSA out 3 times early in the innings. However, OSA grew into the game with some extremely good batting and some confusion from MCA in the field saw 7 OSA rounders scored.

OSA 7 – 4 1/2 MCA

Finally, MCA came up against a strong County team who have won all their games convincingly. Again, MCA were batting second and all the team were right up for the battle to attempt to keep their dream alive of reaching the semifinal. MCA, once again, fielded well throughout the innings, with some good catches putting us in a good position with County getting 6 outs. However the batting was consistent, which allowed them to reach 7 ½ rounders.

Another uphill task for MCA.

We struggled to get much momentum with a couple of early outs and a couple of good rounders; however, it wasn't again quite enough. Only managing to score 4 rounders and have 5 outs.

County 7 ½ - 4 MCA

A tough day at the office, but the girls learnt a lot throughout the tournament and represented the academy extremely well. They showed lots of teamwork, resilience and togetherness when things got tough.

U13 Rounders

On Wednesday 11th of June, the Under 13 rounders team had their first opportunity to take part in their first rounders tournament of the year. The girls travelled to Ormiston Sudbury Academy to compete against three teams, OSA, Finborough and Stowupland, the girls showed so much excitement and determination for three hard games.

MCA vs Finborough 2-2.5

The girls first game was against Finborough, and we won the rock, paper, scissors to decide who would field first or second. The girls decided to field first to be able to see how many rounders they would have to score to win. Soraya had volunteered to bowl for the girls, and she only threw four no balls out of 20 – and she did amazingly well, getting lots of positivity from her team. The girls fielded well together and worked well as a team to only give Finborough 2 and a half rounders, which gave the girls a lot of confidence going into their round of batting. When it was our girls turn to bat, they showed a lot of determination to try and score full rounders after each hit, which they did well scoring 2 full rounders, however Finborough had strong fielding skills and ended up getting 8 of our girls out on the fourth post. This loss did not effect the girls and they continued to show a positive attitude throughout all three games.

MCA vs Stowupland 5-3.5

The girls second game was against Stowupland, and again, Isabelle had won the rock, paper, scissors and decided to again, field first. The girls fielding skills had improved through the first game and they showed this well as they had worked together to get 5 of the Stowupland girls out, and only let them score 3.5 rounders. When the girls went to batting, they pushed hard to bring in a win by scoring

five rounders. All girls were shouting and supporting each batter to get round and when to stop running to help keep the girls in, meaning only one of our batters got out.

MCA vs OSA 5.5 - 7

The girls final game was against the hosts, OSA. We again, won to pick if we wanted to field or bat first, and the girls decided not to change their strategy and went with fielding first. After staying in the same positions for fielding the girls played strongly, getting 4 players out – but OSA played strongly with some quick runners to score 7 rounders. With the last round of batting, the girls gave it their all to try and score more than seven rounders but fell short by just one and a half with 5 of our players getting out due to some quick runners and catchers. The girls left with a positive attitude and didn't let 2 losses dull their moods, and enjoyed a sing-song on the way home.

The girls all played exceptionally well for their first game of the year, against some tough opponents. With some special shoutouts to: Imogen Radford, Soraya Mazey and Bow Coopersmith.

U14 Rounders



The U14 rounders team headed to Finborough High School for their league

fixtures. In warm conditions, it was going to be imperative to stay focused. Our first game was against County High School and it was a very close game. Some fantastic bowling from the off ensured their batters were not able to hit too far.

Keira Davis made some great catches to get some players out on 4th. We had a much better batting innings than fielding and scored 4 ½ to County's 5 rounders. So unfortunately, we lost the first match. We moved into our second game against Stowmarket more confident after discussing the importance of teamwork and communication.

A few fielding positions rotated and we had our team set. Ivona Gorolova moved into a deep fielding position and was able to fire the ball into our players on the post. Stowmarket started to use the tactic of backhands and Daisy Procter was able to intercept these, to reduce Stowmarket's success. We held Stowmarket to 4 ½ rounders. It was our turn to bat. Erin Bailey cracked a number of her hits into the deep field, enabling us to collect rounders. The third and final game was against St Benedicts and it was the most enjoyable one for our girls. Our fielding was on fire during this game.

Unbelievable reaction time and teamwork was demonstrated between Evie Byrne and Anna Dyner to prevent anyone scoring at 2nd base. Abby Bosomworth was also here to support. Our fielding efforts were rewarded by St Benedicts only scoring 1 ½ rounders! When we came into bat, Erin Hobbs managed to make good contact on the ball, to help us get off to a good start.

The girls consistently tried to stay sensible, knowing we didn't need to risk anything to

get the win. This paid off as we won 3 ½ to 1 ½! At the end of the game it was lovely to see both teams interacting and laughing together. Well done girls!

U12 Rounders

Our year 7 rounders team had their second tournament of the season on the 18th June hosted by Finborough. All the girls were excited to be back playing rounders with each other. The girls were only playing two games of 15 balls against Finborough and County High, although both games the girls lost, one was by a half rounder and then other was by 4 rounders.

Finborough- 2.5 Mildenhall-2

The girls had a close game against Finborough, with both teams having good fielders, who were consistent with getting the ball to second base to stop either team scoring. When it came to batting, all girls were confident and successful with knowing where to run and when to stop them from getting stumped out. The game ended close, and this helped push the girls through to face their second game against County.

County-7 Mildenhall-3

This game saw a lot of our girls out on batting due to some intense fielding from County, but this didn't deter the girls from pushing through and fielding strongly against County- getting 4 of their opponents out. the girls were incredibly proud of how well they had done, and how well they showed their resilience throughout all games!

Teamwork@MCA

Year 8 Athletics



We took 8 year 8 girls down to West Suffolk Track to take part in this years Athletics against multiple other schools from Suffolk.

The girls had 100m, 300m, 800m, javelin, shotput, high jump, long jump and relay to take part in. The girls chosen all showed great determination and resilience throughout the entire day dealing with the 29 degree weather and the blazing sun and pushing themselves to perform at their best representing the academy.

The 4 girls who ran the 100m all placed within the top 4 in each of their heats whilst the other 4 girls cheered them on. The 300m pushed the girls to really show how determined they were to compete and race to the best of their ability. The 800m showed a lot of difficulty due to the heat on the day, but both girls really pushed themselves to perform as well as they could in the conditions they had, and they should be incredibly proud of themselves.

The girls next performed in their chosen field events:

Javelin- Sydney and Tamara: Both girls showed their best throwing skills against some hard competitors and placed well with their three attempts.

Shotput- Lilly and Soraya: Lilly scored a 6.75m with her first shotput attempt putting her second overall, which was amazing to see, she showed her resilience well after coming back from an injury. Soraya had never done shotput in a competitive situation before so even with this pressure she performed well and threw with great determination to show her skill.

High Jump - Maci and Ella: Both girls tried their hardest with the high jump after never really doing it before and with one practice jump, the girls got over 1.10m and were so confident going into the high jump event to perform well for MCA.

Long Jump - Ellecia and Isabelle: Both girls went into long jump excited to give it their best, and that is what they did - both girls threw themselves forward to get the furthest they could and performed well to the best they could.

Overall, the Year 8 girls had a great afternoon out at the West Suffolk Track, showing their determination, resilience and their confidence going into events they weren't overly familiar with. All the girls should be incredibly proud of themselves as they performed exceptionally well in the conditions they had.

Star Performers: Lilly Gadsby, Ellecia Paflin and Sydney Hickey.

Whilst the girls started off with track events the boys started off with their events. Kobe Adams and Harry Winstone took to the high jump, which was a challenging event considering neither of them had ever done it before.

Sport

Nevertheless, both boys got into it quickly, with Harry maxing out on a 1.15m jump and Kobe 1.20m. Over to the long jump where Ashton Sharwood and Fizan Sajeem got into their stride quickly, both recording good jumps with Ashton recording the better jump at 4.14m.

The throwing events were also heavily competed in, with Maximilian Kuckelhaus and Emil Skorek throwing the shot put with good technique enabling them to score a few points for MCA. The last field event was the javelin, with Reggie White throwing it well and Ka'mari Jones-Clarke recording the second furthest throw with a very impressive 25.09m.

Over to the track events now. The first event was the 100m. Our first runner was Fizan, who got off to a very good start which enabled him to come 4th in his race. Kobe was up next and he came a respectable 5th, Ka'mari and Harry competed in the last few races, both coming a narrow second and earning MCA valuable points. Next up was the 800m, which in the scorching heat was a huge challenge. Max was up first, and he came in at a very credible 9th position, which was very impressive as he managed to hang on after going off fast at the start of the race. Ashton's turn now, and he managed to run a very strong race, coming in 5th position overall, running well from start to finish. The last track event before the relay was the 300m, in this Emil came 5th which was a very impressive result, and a blistering start from Reggie helped him come 2nd place with one of the most impressive runs of the day.

After this it was time for the medley relay, in this all eight of the boys ran. The first four boys run 100m each, with the last four running 200m.

Harry helped MCA get off to a very strong start by overtaking the student on his outside lane in the first leg, Kobe then ran a quick back straight holding MCA's position. Emil equally managed to hold MCA's position. Fizan took the baton 4th, running a very quick 100m taking MCA up to 3rd position handing the baton over to Max, at this point Max had to run a very hard bend to overtake someone and get into 2nd, before sprinting the last part of the leg in fine form which enabled MCA to be in touching distance of the leaders.

Ka'mari then took the baton and had a superb start, sprinting into first place and holding his position well before handing it to Ashton, he then managed to run a very quick 7th leg, opening the gap between MCA and the rest of the field. Reggie White took the baton whilst MCA were 20m in the lead, he managed to open his legs and sprint home, giving MCA a commanding win of over 30m, the most impressive result of the day. The teamwork and talent shown in this run was incredible and the boys enjoyed celebrating the well-earned win afterwards. Well done to all the boys that competed with fine form, all performed spectacularly well with a marvellous relay win to end a brilliant day.



U15 Cricket Final



On the 25th of June, MCA hosted Newmarket for the U15 Hardball finals at Mildenhall Cricket Club. MCA won the toss and decided to bat first. Ben Cross and Zachary Gibbins opened the batting and opened strongly hitting a 6 on the 3rd ball of the game. In the 2nd over, Newmarket's bowler, bowled to middle stump and hit Ben's leg.

No appeal was made from the Newmarket fielders so luckily for Ben he stayed in bat. During the 6th over Ben retired on 50 runs and was replaced by Ryan Foster. Ryan and Zack both got out during 7th over by 2 wickets from the Newmarket Bowler, Zach finishing the game with 48 runs. Ryan was replaced by Dexter Bone and Zach for Sean Doyle. Dexter only lasted 2 balls after being bowled out and was replaced by Henry Edwards.

MCA picked up the pace here with Sean and Henry batting with confidence. Sean was bowled out and finished on 8 runs and was replaced by Charlie Swift who started his inning by hitting two 4's in his first over. Charlie and Henry continued to bat well hitting 4's and working well together to score runs that were not obvious. Henry was eventually caught out finishing on 29 runs on the penultimate ball, giving Leo Park the final ball of the inning. Charlie was not on

strike for the final ball and finished his inning on 36 runs. Leo did well and managed to get 1 run off the final ball. At the end of the innings MCA finished on 174 for 5.

Newmarket, who knew they had a mountain to climb to win the game, sent out their opening batsmen. Ben bowled the first over. It was all looking like a maiden over until Dexter let a ball through on the boundary as 'he did not want to lose aura' by diving to stop it. MCA conceded 19 runs after the first 4 overs and the field seemed comfortable. MCA's first wicket came from Henry in the 7th over getting out Newmarket's best batsman. The next two wickets came in the 10th and the 12th over by Zach, with Newmarket now on 72 runs for 3 after 12 over. MCA's field was cruising in the inning with highlights coming from Saul Andrews almost pulling off the best catch of the day but still stopping the ball from going for 6 and Ben doing a diving catch to send the Newmarket batsman packing.

2 wickets from Ryan in the 13th and 15th over and 3 wickets from Leo in the 14th and 16th over gave Newmarket just 2 more batsmen for the final 4 overs. Saul only conceded 8 runs in his 2 overs meaning MCA were sure winners leading into the final over. The final over was bowled by Zac Sargent, his first ball conceded 1 run, his second ball conceded a 6 and his 3rd ball was a dot ball. Zac's 4th ball was hit high and caught by Leo giving Newmarket only 1 more batsman to survive the final 2 balls. Zac's 5th ball hit leg stump dismissing Newmarket's 10th batter and bowling them out of the game on 119 for 10. The final score was MCA 174 Newmarket 119. All of the boys showed real teamwork when batting and fielding and supported each other during the whole day. They should be proud of their performance and conduct. Well done boys!

U13 Boys Super Eights Cricket



On Thursday the 26th June the U13 boys cricket team faced Newmarket in a bid to reach the Super Eights Softball County Final. Mildenhall opened the batting and demonstrated a strong innings.

23 not out from Sean Doyle and 22 not out from another player got the ball rolling for what was going to continue to be a strong 8 overs for MCA, finishing up 69-1. Newmarket's turn to bat now and some strong bowling limited Newmarket's ability to run.

MCA's first out of the day came with a strong wicket taken off of a wicked speed bowl. The second out was delivered by Max Rutter with a speed bowl nicking middle stump. Some resilient fielding from Maximilian Kuckelhaus denied numerous 4s on the boundary and limited Newmarket to 60-2, handing MCA them a win and a place in the Final.

Star performers:

Sean Doyle and Max Rutter.

U13 Boys Softball Cricket County Finals

On Tuesday, 8th July 2025, our U13 boys' cricket team travelled to Stowmarket Cricket Club to compete in the Suffolk County Softball Cricket Finals—and what a day of thrilling action it turned out to be!

The team started the tournament strongly with a solid win over Copleston, finishing 65–57. They followed this up with a dramatic encounter against Hartismere, where the match ended in a tense 47–47 tie.

The boys held their nerve in the super over, edging out their opponents 12–7 to claim victory.

Momentum continued into the next match as the team delivered an impressive 81–61 win over East Bergholt, booking their place in the final. Some excellent fielding on the boundary from Oliver Wells and an incredible innings for Kian Alderson, retiring at 20 and later returning to the crease, kept East Bergholt well in the dark for the entire match.

In a nail-biting finale against a strong Thurston side, the boys narrowly missed out, falling just short with a 52–51 loss—by a single run.

Despite the narrow loss in the final, finishing second in the county is a fantastic achievement. The boys displayed great teamwork, sportsmanship, and resilience throughout the day. Congratulations to all the players involved – we're incredibly proud of your performance!

Star performers:

Sean Doyle and Kian Alderson.

Indoor Bowls



Last year, I was selected to play for England in the under 18s British Isles Indoor Bowls Championship held in Scotland in January this year.

I've been playing bowls since I was 12

so it felt good to make it to this higher level of competition and finally be in the international team, especially after travelling as a reserve last year and attending the trial the year before.

For the competition, I played in 8 games (a mix of pairs and triples) over a weekend and although it was very tiring, it was definitely worth it as it was such an enjoyable time with my team and really showed me the standards needed so that I can hopefully progress even further in the future.

Overall, it was a great experience and I really enjoyed being part of a team with other people who have the same interest in the sport.

Chloe Palmer, Year 13

Join us for
Thorpe Woodlands Charity Day!
£20pp
for a morning or afternoon of unlimited activities!

please feel free to bring a picnic or there is a cafe located at Forest Holidays

- *Archery
- *Zip Wire
- *High Ropes
- *Canoe Hire
- *Rock Climbing
- *Tree Trekking
- *Caving

scan me to book!
(please select the date then click "family adventure day")

26.08.23

Thorpe Woodlands Adventure Centre
Sandwell, Thetford
IP24 2JX

9:30am - 12:30pm
OR
1:30pm - 4:30pm



The MCA Way

THE MCA WAY

We are here to learn and be successful!

Academic Excellence

Be the best you can be

Contribute positively to the community



We take **PRIDE** in our work because it shows we care about our education and it helps us to review and reflect on our learning and progress.



Presentation of work is important because organised and tidy notes and diagrams are useful to us when we need to revise and prepare for assessments and exams.



Every piece of work should have a **title and date** and these should be underlined with titles being centre aligned. **We write in pen and draw in pencil** when completing paper based tasks.



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



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



We try our best during lessons and when doing homework to **complete the tasks** set so that we can demonstrate the new knowledge and skills we have learned.



We contribute positively to our lessons and we take **responsibility** for our learning. We respond to feedback by completing **DIRT tasks** and showing we have understood by making improvements.

Success@MCA

HOME LEARNING

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

- IT HELPS DEVELOP INDEPENDENT WORKING
- IT ENSURES YOU RECALL LEARNING AND THEREFORE HELPS ENSURE YOU SECURE KNOWLEDGE AND KNOW AND REMEMBER MORE
- IT ALLOWS TEACHERS TO SET INDIVIDUAL WORK TO HELP YOU IMPROVE AREAS SPECIFIC TO YOU
- IT PREPARES YOU FOR THE REVISION REQUIRED FOR ASSESSMENTS AND EXAMINATIONS
- IN YEARS 10-13 HOME LEARNING IS SET WEEKLY
- IN YEARS 7-9 MATHS, ENGLISH AND SCIENCE ARE SET WEEKLY WITH ALL OTHER SUBJECTS SET FORTNIGHTLY
- IF YOU DO NOT COMPLETE AND/OR HAND IN YOUR HOME LEARNING ON TIME YOU WILL GET A DETENTION THE FOLLOWING DAY
- YOU CAN ATTEND HOME LEARNING CLUB EVERYDAY AFTER SCHOOL WITH ACCESS TO A QUIET SPACE, STAFF SUPPORT AND IT





Teamworkers

Together Everyone Achieves More.



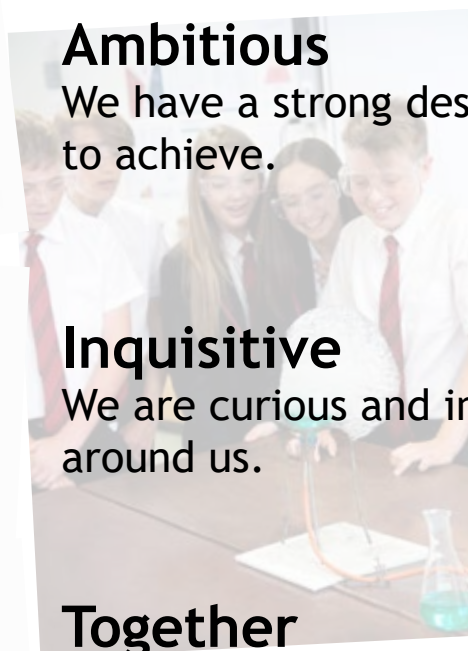
Resilient

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



Ambitious

We have a strong desire and determination to achieve.



Inquisitive

We are curious and interested in the world around us.



Together

We show tolerance and respect for each other and our environment.
'We Belong Here'.



Successful

We will be successful.



10 TOP TIPS For Good Mental Health



We have a number of first aid qualified staff in the academy who are able to respond to any emergencies. Most of the time we are dealing with students who have a headache or who feel unwell in a general sense. In these instances we will contact parents / carers to gain permission for a paracetamol to be given or to inform that a child feels unwell. If a child feels unwell we will offer a drink of water and something to eat if appropriate. We are not able to offer medical care beyond this as we do not have the medical expertise or facilities to do this. In these instances we will contact you for a decision about whether your child comes home or stays in the academy. We try to encourage students to remain in the academy accessing their learning unless they are too unwell.

In any eventuality students must go to student reception for us to contact you and not make contact themselves as mobile phone use is not permitted. If your child has a long term or temporary condition affecting their ability to be in the academy as normal or where we need to be aware for their safety and comfort please contact your child's House Leader who will arrange a meeting and where necessary an individual health care plan.

Resilient@MCA