

PARENT/CARER NOTICES

Summer 2 Monday 30th June 2025

Upcoming Events and Deadlines

Monday 30th June to Friday 4th July – Year 12 Work Experience Week
Tuesday 1st and Wednesday 2nd July – Sports Days
Tuesday 1st July – MCA6 Midsummer Ball
Tuesday 1st July – Young Carers Event
Thursday 3rd July – Year 6 into 7 – Meet the Tutor Evening
Wednesday 9th July – Year 8 Drama Trip
Wednesday 9th July – Year 10 ‘Level Up’ Evening 5.15pm to 7.15pm
Thursday 10th and Friday 11th July – Year 6 into 7 Transition Days.
Friday 11th July – Yr11/12 Induction Trip
Monday 14th to Friday 18th July – Year 10 MFL Speaking Mocks
Wednesday 16th July – MCA Summer Music Festival 6.30pm (rehearsals in main hall all day)
Wednesday 16th July – MCA6 End of Term BBQ & Rounders
Monday 21st July – MCA6 Carwash
Tuesday 22nd July – Last Day of Term. **Early finish at 1315**
Thursday 14th August – A Level Results Day
Thursday 21st August – GCSE Results Day and enrolment at MCA6
Monday 1st and Tuesday 2nd September – PD Days
Wednesday 3rd September – Students Return

General Notices

Hot Weather Continues

We will be making some room changes to ensure the hotter classrooms can be avoided in the afternoon on Monday and Tuesday. Now Year 11's have left and Year 12 are on work experience, we have a greater number of free classrooms to allow some changes. Teachers will meet their classes in the usual place before taking them to an alternative room if required. Classroom doors will be open throughout the day to facilitate air flow.

We will allow time between lesson change overs to support students with getting water from the fountains.

Our Summer uniform continues with the option to wear black knee-length tailored shorts, no blazers and no ties. *Thankyou, Mr Oxley*

Last Day of Term: Half Day

Please be aware that the last day of term will be a half day ending at 1315. It will also be a non-uniform day with a charitable donation expected please. Details of the collection will be shared soon. Students will register after the first lunch with their Period 3 teachers at 1300 before departing. Our buses will be running an earlier service departing around 1315. Students using a public bus service may wish to make alternative arrangements. Here are the alternative timings for the public services-

Students who board the **16a** will need to walk to the Mildenhall Bus Station. The bus will come at 1:30pm and again at 2:30pm.

Unfortunately, the **ML357**, does not have an earlier time than 1557. Please contact Reception if this causes an issue.

Students who Board the **80/80A** will need to walk to Mildenhall Bus Station and the bus will come at 1:50pm – the next one is at 3:35pm.

Please contact Chris Leach if you have any questions about these arrangements.

Sports Day

Year 7 and 8 Sports Day is planned to be on Tuesday 1st July. Students will come into the academy in their PE kit (Year 9 and 10 will be in uniform as normal) and will attend morning meeting as usual. They will then go to lesson 1 where the teacher will register them and bring them down to the astro. Please ensure that your child has sun cream on in the morning and that they have sun cream with them to reapply throughout the day. We would also recommend a cap and plenty of water, which can be refilled throughout the day. There is very little shade on the astro or in any of the areas where the afternoon events are happening. We will monitor the conditions carefully throughout the day and we will change our plans as appropriate.

Year 9&10 sports day is planned to be on Wednesday 2nd July. Students will come into the academy in their PE kit (Year 7 and 8 will be in uniform as normal) and will attend morning

meeting as usual. They will then go to lesson 1 where the teacher will register them and bring them down to the astro. Please ensure that your child has sun cream on in the morning and that they have sun cream with them to reapply throughout the day. We would also recommend a cap and plenty of water, which can be refilled throughout the day. There is very little shade on the astro or in any of the areas where the afternoon events are happening. We will monitor the conditions carefully throughout the day and we will change our plans as appropriate.

A reminder for all students that rules surrounding PE kit, behaviour and phones will still apply. Students must be in MCA PE kit only which **does not** include Nike pro shorts or cycle shorts or hoodies of any kind. Students are not permitted to use their phones and they are reminder that if they are seen with phones they will be confiscated and taken to student reception. *Thankyou, Miss Muttock and the PE Faculty*

Scopay

Could all parent/carers please make sure that they top up their child's Scopay account, well in advance of break and lunch. There is an increasing number of students whose accounts

are only being topped up 5-10 minutes before the break/lunch service. This does not give enough time for funds to appear in their account. Whilst we will never see a child go hungry and will always allow the child food, it does increase the waiting time in the queue as well as causing canteen staff an increased level of administration. *Thankyou, The Catering Team*

Diversity Week

Throughout Morning Meeting sessions last week, we celebrated diversity and each group produced a poster to be displayed on their classroom doors. Thankyou to Miss Domange for leading this important initiative. Examples of posters are attached to these notices.

Young Carers Suffolk

Are you a family carer?

A family carer is anybody, of any age, who looks after someone with a long-term illness, mental health difficulty or disability who could not cope day to day without this help.

Becoming an unpaid family carer is often a gradual process, like the changes affecting person you care for. The work of caring gradually impacts your daily life, restricting your ability to get time for yourself. Because of this most people see themselves as a 'wife', 'husband', 'daughter', 'son', 'brother', 'sister' or 'friend', rather than as a family carer. *Not recognising you are a family carer can be a real barrier to accessing the vital support available to you.*

Please have a look at the website for upcoming workshops and events for Young carers and parents/carers throughout the summer in your local area:

<https://suffolkfamilycarers.org/upcoming-workshops/>

Parent/Carer Support from MHST and Kooth

NHS MHST (Mental Health Support Team) Parent/Carer Workshops: Supporting Young People's Mental Health

These free workshops are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. More information can be found here: [Parent workshops | Norfolk and Suffolk NHS](#)

Workshops include:

- [Understanding the Teenage Brain](#)
- [Supporting Your Child to Regulate Their Emotions](#)
- [Supporting Your Child to Manage Their Big Feelings](#)
- [Tools to Manage Uncertainty and Building Resilience in Young People](#)
- Building Resilience: Managing the Next Steps [Part 1](#) & [Part 2](#)
- [Supporting Our Young People with Challenging Behaviour](#)
- [Supporting Our Children with Sleep](#)
- [Social Media and the Impact on our Teenagers' Mental Health](#)
- [Supporting Young People with Low Mood](#)
- [Anxiety in Adolescence](#)
- Parenting the Anxious Adolescent [Part 1](#) & [Part 2](#)
- Building Confidence and Managing Anxiety in Your Child [Part 1](#) & [Part 2](#)
- [Supporting Your Child to Attend or Get Back to School](#)
- [Supporting Your Child with Emotion Based School Avoidance \(EBSA\)](#)
- [Understanding Young People's Self-Harm](#)

- [Supporting Young People with Eating Difficulties](#)
- [Supporting Our Young People with OCD](#)
- [Understanding and Supporting Your Child with Tourette's Syndrome/Tics](#)
- [Understanding Trauma](#)

Safeguarding - Online Safety:

Please see the attached guides and links below for up to date guidance on online safety for children.

 [NSPCC Helping you to keep your child safe online guide 1.pdf](#)

[UK Safer Internet Centre: Parents and Carers Guides and Resources](#)

[Internet Matters: Find information and safety settings for your child's devices and apps, along with guidance to tackle online issues they may face](#)

[Get Safe Online: Advice on safeguarding children when they are online](#)

[Child Exploitation and Online Protection: Parent Carer Centre](#)

KoothTalks Webinar: Helping young people stay safe on smartphones and online

In light of the recent series shown on Netflix - Adolescence and the need to educate young people about the pressures and the content they can view online, Kooth are offering parents and carers this 30 minute webinar covering how you can encourage them to think about how they spend their time on social media platforms and how they can get help to deal with similar situations that they may find themselves in.

The webinar will cover:

- Young people online
- Social media, the law, the pros and cons
- Smartphone safety
- What parents can do to support their children
- How our platforms can help

Sign up here: [KoothTalks - Helping young people stay safe on smartphones and online](#)

A Huge Thank You to Coach House Joinery Ltd, Fulbourn.

We would like to thank Coach House Joinery in Fulbourn who have gifted MCA an amount of wood. Their generous donation will allow at least six Year 9 classes to make their money boxes and Year 7 to make their mechanical dogs. What a generous gift which will save MCA over £120!!

Doctoral Research with a Trainee Education Psychologist: Girls in Year 7, 8 and 9 with an Autism Diagnosis

Please see below an email we have received looking for girls with an autism diagnosis in Year 7, 8 and 9 to get involved in a piece of doctoral research with a Trainee Educational Psychologist:

My name is Kirsty Thomas. I am a Trainee Educational Psychologist from the University of East Anglia on placement with Suffolk County Council. I am conducting a research project for my doctoral thesis research exploring the transition from primary to secondary school for autistic girls in mainstream education in Suffolk. The aim is to highlight the voices of autistic girls and collect information which could support professionals in providing supportive school transition experiences.

I am seeking to recruit autistic girls in Year 7, 8 and 9 who would be able to express their experience of transitioning from a mainstream primary school to a mainstream secondary school (verbally or through typing/writing). They must have an autism diagnosis and identify as female to take part.

Following an initial online meeting with the young person and their parent/carer to discuss the adjustments that can be made to support them to take part in the study, they will be invited to take part in an interview to discuss their experiences. I am hoping with your permission to offer to conduct the interview either in person at school, or the interview can occur online outside of school (it is the participant's choice). This should take approximately 45 minutes.

If you would like to discuss the study or have any questions, please don't hesitate to contact me: kirsty.l.thomas@uea.ac.uk. Best wishes, Kirsty Thomas

Term Dates Ahead

The term dates for next year on our website in the news and media section:

<https://www.mildenhall.attrust.org.uk/news-and-dates/calendar-and-term-dates/#1728038976739-5bdeb596-edf4>

PE Fixtures and Events

Results w/c 23/06/25

U15 Hard Ball Cricket

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. 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!!!

Star Performers: Ben Cross, Charlie Swift, Henry Edwards, Leo Park

U13 Soft Ball 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 Neresh Prakash 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 by Neresh Prakash 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 the win and a place in the County Finals in July

Star Performers: Neresh Prakash, Sean Doyle and Max Rutter



Fixtures w/c 30/06/25

- U12 Super 8 Athletics
- Year 7 & 8 Sports Day
- Year 9 & 10 Sports Day

