



Mildenhall College Academy

# NEWSLETTER

December 2025



**SUFFOLK COUNTY BASKETBALL CHAMPIONS**



Principal: Mr J Oxley

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# Dates For Your Diary



19th December - Last Day of Term - Early Finish at 1:15pm

22nd December - 2nd January - Christmas Break

Monday 5th January 2026 - Students Return

Monday 5th - Friday 16th January 2026 - EBacc Exams

Wednesday 7th January 2026 - London Trip

Monday 12th January - Year 13 Mock Exams (Week 1)

Monday 12th January - Year 11 MFL Speaking Mock Exams

Wednesday 14th January - Year 9 Drama Workshop

Thursday 15th January - Year 11 Parents' Evening

Monday 19th January - Year 13 Mock Exams (Week 2)

Monday 19th January - Year 11 MFL Speaking Mock Exams

Wednesday 21st January - Year 10 Work Experience Parent / Carer Evening

Thursday 27th January - Friday 6th February 2026 - Year 11 GCSE Practical Food Exams

Thursday 29th January - Year 9 Q Parents' Evening

Tuesday 3rd February - SEND Coffee Morning

Thursday 5th February - Year 9 X Parents' Evening

W/C Monday 9th February - Year 11 Mock Exams (Week 1)

Thursday 12th February - World Challenge Year 7 and 8 Valentines Disco

Friday 13th February - Last Day of Half Term

Monday 16th - Friday 20th February - Half Term Break

Monday 23rd February - Students Return



***Follow us on Facebook and X to keep up with important information  
and all the exciting things taking place at MCA and MCA6***



# Welcome

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

As we reach the end of another busy and rewarding term, I would like to take a moment to reflect on all that our community has achieved together. Our ethos of Work hard; Be kind has been evident in classrooms, corridors and beyond, and it continues to guide everything we do as a school.

First and foremost, I would like to thank our staff. The commitment, creativity and care shown by our teachers and operational staff ensure that our young people are given outstanding opportunities to learn, grow and succeed. Because of their dedication, our students are encouraged not only to achieve academically, but also to develop as confident, compassionate and capable individuals.



I am equally grateful to our parents and carers for the consistent support and encouragement you provide. Your partnership with the academy plays a vital role in ensuring that our children feel safe, supported and ready to learn, and we truly value the trust you place in us.

This term has been rich with memorable moments. Our House Cup competition has been a fantastic celebration of positive points, TRAITS and attendance, fostering healthy competition and school pride. Congratulations to Seacole House, this term's winners, and well done to Brunel, Austin, Cavell and Newton—we look forward to another exciting competition next term. We were also proud to support St Mary's Church in their successful attempt to break a world record for the most nativity scenes in one space, showing our strong links with the wider community.

Our MCA6 Taster Day was a real success, giving students a valuable insight into the next stage of their education. Year 11 students have impressed us all with their resilience and ambition during mock exams, setting a powerful example for younger peers. The Neurodiversity Club demonstrated togetherness and inquisitive thinking by sharing their knowledge with the wider community through a display in the hub library, and Chess Club continues to go from strength to strength.

A particular highlight has been on the basketball court—congratulations to our team for becoming Suffolk County Champions, an outstanding achievement and one worth celebrating.

Finally, we say a fond farewell to Mrs Carter, one of our longest-serving Teaching Assistants, who joined us in 2001. We thank her for her years of dedication and care, wish her a very happy retirement, and know she will be greatly missed.

As we look ahead, I am proud of how our students continue to embody our TRAITS of togetherness, resilience, ambition, inquisitive thinking, teamwork and celebrating success. Thank you all for another wonderful term.



Mr J Oxley  
Principal

Work hard; be kind

Working together; supporting individuals

# Cavell Competitions

In a bid to share our creativity and to promote mindfulness, Cavell have organised and run some school wide competitions this term. Cavell held a school-wide Pumpkin Competition this autumn! Over half term, students were invited to either carve or draw a pumpkin to show off their creative talents.

We had so many entries, it was really challenging to choose the winners!

The winning Pumpkins were...

## Best Pumpkin - *Tilia Drane, Year 10*



## Cutest Pumpkin - *Rachel Groves, Year 7*



## Best Drawn Pumpkin - *Lilly Pearce, Year 9*



Well done to our winners – each winner received a Costa Coffee voucher to celebrate their achievement!

For our festive themed competition, we are running a Christmas Tree Design Competition throughout December.

Students have a Christmas tree outline and their challenge is to decorate it in whatever way they could think of.

There are two prizes up for grabs – Best Traditional Tree and Most Creative Tree.

Winners to be announced when we return to the academy in January.



## House Cup Winners

We are thrilled to announce that **Seacole House** has won this terms House Cup!

The House Cup is awarded each term to the house that earns the most points across a wide range of activities and achievements.





# MCA6 Taster Day

We held our MCA6 Taster Day this year on Wednesday 5th November. The students had a great day and were able to experience what Sixth Form has to offer.

We look forward to welcoming many of them next year.



# WOW Week

The following students were randomly selected from each year group. Students chosen were eligible if they had received no consequences throughout the duration of last week.

Well done to all!

Year 7 Peter Gilligan  
Year 8 Olivier Polanski  
Year 9 Daniel Cooper  
Year 10 Eowyn Lemiesz  
Year 11 Theo Beeton



## Nativity Scenes

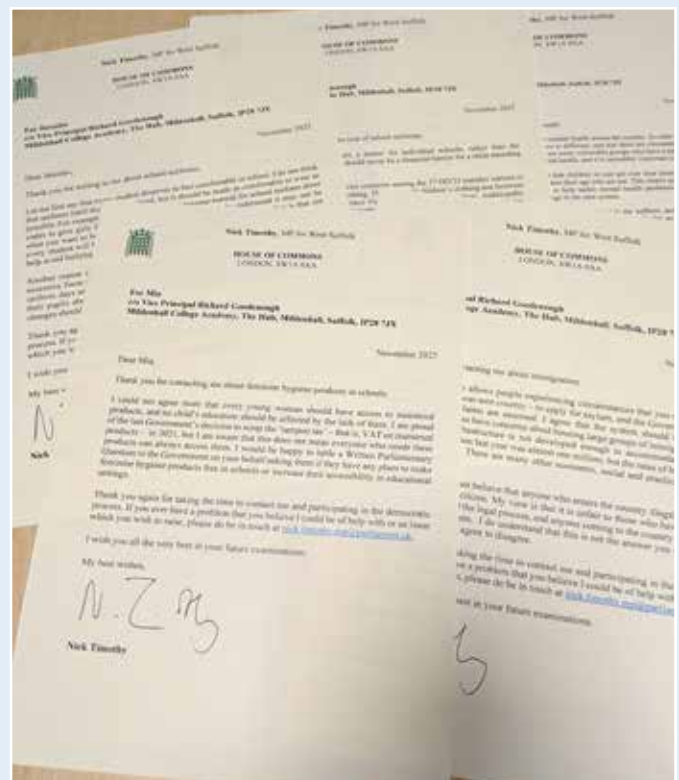
MCA have been busy making Nativity scenes to help St. Mary's church break the world record for most sets recorded in one place at one time.



## Citizenship

Year 10 Citizenship students have been writing to Nick Timothy MP for West Suffolk to ask his opinion about a range of important issues.

We are pleased to see personalised responses from him to help students with their active citizenship projects.





# Remembrance Day

Our students excelled themselves with a significant number of young people attending the academy in their public-service affiliation uniforms.

We marked Remembrance Day with a reading of 'For the Fallen' and a two-minute silence, impeccably observed by all community members. Our Morning Meeting values focused on the theme of remembrance throughout the week.



## A Level PE Trip to the University of Essex

Students were given a tour of the excellent facilities at the Human Performance Unit at the University of Essex. This unit conducts world-leading and impactful research that enhances the engagement, optimisation, and achievement of human performance across sport, work, and other social contexts.

They aim to be at the forefront of research that not only advances academic knowledge but also has practical applications that improve lives and societal outcomes.

Students were given a presentation by Dr Henry Chung who is a lecturer at the School of Sport, Rehabilitation and Exercise Sciences (SRES). This included courses offered at the University and how a career within the sports injury can be achieved. Students then had the opportunity to complete some fitness tests and analyse the data from these results.



# Oikos Community Literature Competition



I am delighted to announce that the following students have won the top 5 prizes for the 'Oikos' Community Literature Competition and will receive a **£50** Amazon gift voucher:

- ***Dolly Buckley***
- ***Margarida Goncalves***
- ***Leila Christopolous***
- ***Danielle Parsons***
- ***Hannah Singh***

Special commendations were also awarded to:

- ***Caitlyn Davenport***
- ***Sabine Sayo***
- ***Karol Poplawski***
- ***Finley Stewart***
- ***Corinna Kuckelhaus***
- ***Jasmine Hines***

- ***Caitlin Long***
- ***Olivia Levell***
- ***Lana Fatibene***
- ***Georgia Bailey***
- ***Mila Galloway***

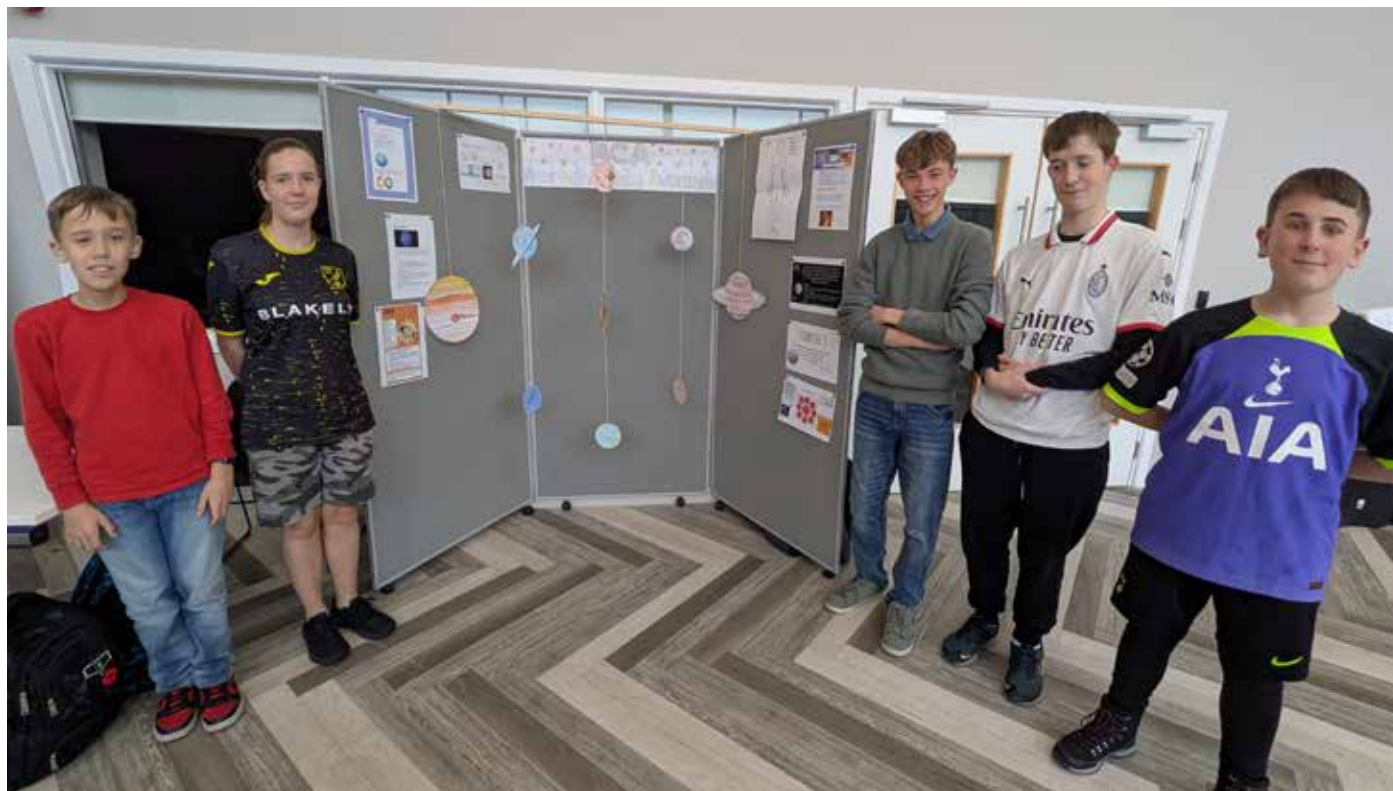
All will receive a **£10** Amazon voucher. We were inundated with a wide-range of stunning written pieces that articulated a clear opinion about our local community.

Winners were chosen based on the quality of the writing and the overall ability to emphasise the importance of community and family values.

Thank you to all students who submitted pieces of work as it was a hard decision to short-list the winners. The winning pieces of work have been scanned and added to our website.



# Neurodiversity Club



This term the Academy's Neurodiversity Club has been working hard on spreading awareness into the wider community by producing an information stand in the Mildenhall Hub.

Students created information posters on some of the main neurodiversity profiles that our Academy experience, alongside a large mobile of hanging planets. Each planet represented a different neurodiversity, with the size reflecting it's prevalence within the Academy.

The stand was present in the Hub for the week of 10th-14th November with students attending the stand every lunchtime and for one after-school session on our regular Thursday.

To our knowledge, NeuroLogical is the only club of its kind, and it is our wish that MCA becomes the most neurodiverse-friendly Academy in the country.

We welcome all students - those with neurodiversities, and those who just want to know more.

Students can sign up for the club via MCAS.

If you would like more information about the club please email Miss Bird and Mr Haden

[emily.bird@attrust.org.uk](mailto:emily.bird@attrust.org.uk) and [Jason.haden@attrust.org.uk](mailto:Jason.haden@attrust.org.uk)



# Awards Evening



On the evening of December 11th 2025, Mildenhall College Academy transformed its auditorium into a vibrant hub of pride and achievement for its annual awards evening.

The event, attended by over 300 students, parents and carers, teachers and local sponsors. It was a resounding success, honouring outstanding academic, sporting, and extracurricular accomplishments while fostering a sense of community and inspiration.

The auditorium was beautifully decorated with coloured balloons, donated by **Sweet Treat Balloons**, creating an atmosphere of anticipation and joy.

The ceremony commenced with a warm welcome from the academy Principal, Mr J. Oxley, who highlighted the hard work and dedication of the students throughout the year.

*'Tonight, we celebrate not just individual successes, but the collective spirit that makes Mildenhall College Academy a place of growth and excellence'* he said in his opening address.

A highlight of the evening was a series of captivating performance, especially

Katie Davison who was awarded the Music Award.

Awards were distributed across various categories, including academic excellence, sports achievements, community service, and creative arts. Top honours went to students like Ruby Hudson and Azia Glover, who received Awards for Outstanding Results in GCSEs

The faces of proud parents and carers and beaming students lit up the room, capturing moments of pure joy and accomplishment.

Chief guest, Helen Self, Chair of Governors, delivered an inspiring keynote speech, encouraging award winners and all students to pursue their passions relentlessly.

*'These awards are milestones, not endpoints'* she remarked. *'Continue to strive, support one another, and make a positive impact.'*

This successful Awards Evening at MCA will undoubtedly be remembered as a motivating culmination to the academic year, inspiring everyone to continue to aim high in the future.





# Awards Evening

We would like to thank our sponsors who make this evening possible and a thank you to everyone who attended and supported our students:

Abbeycroft Leisure  
Assured Retail  
Breckland Netball  
Cappadocia  
Manchett's  
Newmarket Martial Arts  
Personal Images  
Premier Travel  
Sweet Treat Balloons  
Tesco  
Vericool  
Rotary Club  
Whittings

Miss N. Hood  
Mr M. Withey  
Mrs S. Byles  
Mr K. Davis  
Mr T. Lewis

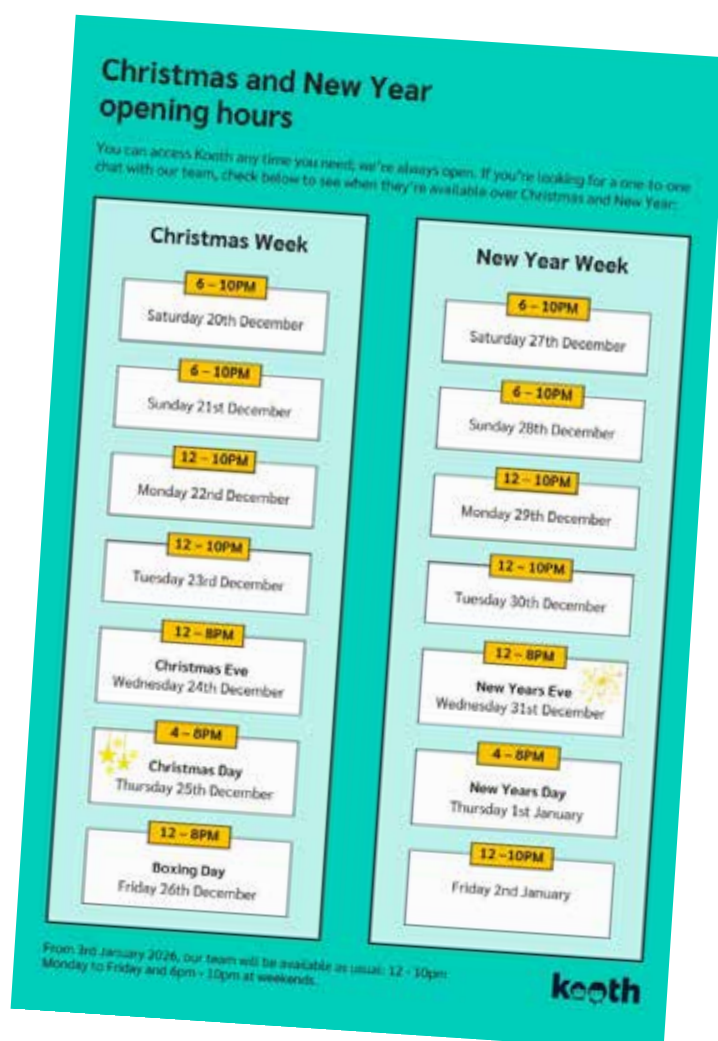


## Mental Health Support



[www.kooth.com](http://www.kooth.com)

Please reach out should you require Mental Health support over the festive period.



# Careers

On Monday 24th November we welcomed Ian Harvey into MCA Sixth Form to talk about his role as a Healthcare Science STEM Engagement Manager for the East of England.



Ian works with departments in hospitals, including Addenbrooke's, Royal Papworth & Norfolk and Norwich. Ian also works with schools to help their students to understand and engage with the many healthcare careers available.

Ian, a Biologist and former Head of Biology at Hills Road, also founded the Big Biology Day in 2012 which is held in partnership with the Cambridge Festival every year. He describes BBD as "a chance for young minds and their families to get close-up and personal with biology."

For more information about the Big Biology Day visit: [www.hillsroad.ac.uk/latest-news](http://www.hillsroad.ac.uk/latest-news)

## Work Experience



On Friday 7th November, our Year 10 students had an assembly to launch Work Experience Week and found out what they will need to do to gain a placement.

Year 12 students Work Experience Week will take place in July 2026. Parents/Carers and Year 12 students will have access to Grofar and can begin uploading all the details for their placements. This platform also allows students to start creating their CV

If you or your child need any support or additional information, please don't hesitate to contact the Careers team:

[jane.Seaney@attrust.org.uk](mailto:jane.Seaney@attrust.org.uk)

[nicki.howe@attrust.org.uk](mailto:nicki.howe@attrust.org.uk)

[richard.goodenough@attrust.org.uk](mailto:richard.goodenough@attrust.org.uk)

## Kitchen Team

The wonderful kitchen staff, known as the A-team, have smashed Christmas dinner number 2! Over 100 dinners sold again!

It was brilliant to see so many happy festive students, seeing them smile makes us smile.

Merry Christmas and a very happy New Year to you all

From the kitchen team.





# Year 13 Criminology Debate Group



Recently the Year 13 Criminology group took part in a debate session as part of their Criminology Diploma. Several topic options were discussed in advance and the collective group decided to debate whether there should be an Assisted Dying Bill in the UK.

At present it is illegal for medical practitioners (or family members) to assist relatives or loved ones take their own lives just because they might be suffering from long illness or have no realistic chance of a meaningful recovery.

I split the group into an 'against the new Bill' group and a 'For the new Bill' group. This was done entirely at random as I often find it of real use if students end up arguing for something they did not previously agree with i.e. it's easy to argue for something if you already believe in it, less so the other way.

Both groups had plenty of lesson time to research their topic and arguments. I checked in with both groups regularly to see what progress they were making but also to act as devils advocate and see if they were also attempting to second guess the arguments of the other group to better prepare responses and counter argument.

The actual debate went well, I felt. Students were allowed cue cards though some did not need them, and it was not long before each group became somewhat heightened when trying to get their point across and accepted. I acted as chair but did not need to steer the debate too much.

Nonetheless, all students showed respect for the others argument and hopefully, regardless of what side of the argument they were originally on, will have learnt more about this topic.

At the end of the debate, we had a free vote. It was a unanimous 'YES' for introduction of the Bill.

Clearly this topic is a very sensitive one with several students openly acknowledging that their own families had elderly relatives several of whom are in care etc.

Currently an Assisted Dying Bill is being debated by the House of Commons and is on the second reading. It may yet be several years before an outcome either way is known.

**Mr Smith**

# Drama - 'Lost Atoms' Trip



On Wednesday 5th November, Year 9, 10 and 12 Drama students were given the opportunity to go to the Colchester Mercury Theatre to watch Frantic Assembly's latest performance called 'Lost Atoms'.

Year 9 and Year 12 students have been learning about Frantic Assembly in their lessons so it was a fantastic opportunity to watch a physical theatre performance live in action.

There were only two actors in the performance and the story followed a young couple looking back on the memories of their relationship, both good and bad moments. Physical Theatre means that the actors focused on telling the story through their movements and bodies, rather than purely relying on their words.

Two of our students have written reviews of the performance which you can see below.

*Going to see Frantic Assembly was a great experience and I loved seeing how they used different drama techniques we've been*

*learning about. The show (the lost atoms) was quite emotional and felt more mature than other shows I have watched with the school. My favourite part was how they climbed onto the set and they had two big chairs that they moved around making different locations. Overall, I really enjoyed the show because it was a very physical and powerful performance.*

**Kaitlyn Fuller, Year 10, GCSE Drama**

*'Lost Atoms' was a great performance it had many emotions, and it flowed smoothly. The story line was easy to follow, and I enjoyed it a lot. All of the movements were smooth, and you could tell the actors practiced a lot. Would definitely watch again and would recommend to other people.*

**Sky Goodwin, Year 12, A-Level Drama**





# Drama - Year 7 Pantomime Trip



Year 7 have been learning about the performance conventions of Pantomime during this half term. On Wednesday 3rd December, Year 7 students had the opportunity to attend the morning performance of Rapunzel at the Bury St Edmunds Theatre Royal.

This was an extra special opportunity as some familiar MCA faces were performing in the ensemble of this performance! Bella, a current student, and Scarlet, an ex-student, both performed with professionalism and were amazing!

The pantomime included all of the techniques that we have been learning about including Direct Address and Audience Participation – thankfully we had been practicing our responses in our lessons! By the end of the pantomime, we had perfected our 'Rapunzel TikTok style dance'!



# Tinsel and Tunes



The BTEC Music Performance Group, based at MCA6, produced and performed in a festive gig night, 'Tinsel & Tunes' was a huge success and reflected huge effort, resilience and hard work from the group.

Pictured are Danica Dudok, Alysha Ealy-Speare, Jesse Lyons, Tilda Cuff, Hannah Youngs and special guests Katie Davison and Oliver Sayer





# Chess Club



of difficulty - we have done this to give students a lot more freedom in what they want to practice more, which seems to be very beneficial as these tactics are being used a lot more in games.

In the club's leadership, we have welcomed a new Year 12 student to the team! Hannah Hatchett has had an amazing first half-term with us working with our students at our after-school meetings and we are very thankful for all of our leaders' contributions. We are also planning some exciting new initiatives as we head into the new year.

Our meetings run every Tuesday lunchtime in the library, Tuesday after school in Room F11 and for students at MCA6 every Thursday in Room SW9.

We've had another busy half-term at Chess Club as we head towards the festive season!

To start off, we hosted our first tournament of this academic year on the 9th December. Students from Year 7-13 were invited, 8 of whom participated. While some brilliant chess was played by everyone, it was Year 13 student Harry Greateorex who emerged victorious, winning himself a gold medal and a wooden chess board. We can't wait to do more of these competitions in 2026!

This month we have also bought back our advent calendar initiative from last year. This is where our members get e-mailed a new tactic every school morning in December, which we find to be an easy way to teach our members lots of new tactics to use in their games. Examples include The Scandinavian Defence, when to trade pieces and how to prepare to checkmate the opponent.

We have been doing puzzles differently this term - we now filter them by tactic instead

Why not make it your new year's resolution to sharpen your analytical and strategic thinking by joining Chess Club?





# MCA6 Christmas Activities

## Christmas Tree Decorating



## Christmas Corner



## Guess the Name of the Gonk



## Pyjama Day



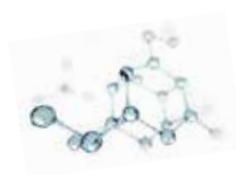


# News From the Science Faculty

Year 7's looking at diffusion as part of their particle model topic:



Year 11's doing flame tests for GCSE Chemistry:





## U14 Basketball - Suffolk County Finals

On Thursday 4th December the Year 9 boys made their way to Inspire, in Ipswich at 7:30 am for the Suffolk basketball finals.

Four teams in total had qualified for the event due to winning their previous round- MCA, Samuel Ward, Sir John Leman and Coppleston.

MCA played in the first semi-final, MCA vs Samuel Ward, where the winners of this match would go through to the Suffolk final. The match was four quarters of 9 minutes in length. Tensions were running high, but MCA were happy to be taking part in the first game.

The game started with MCA on the front foot, taking an early lead of 6-0 after the first minute. Samuel Ward managed to get a few baskets back, but the teamwork of Riley Warren and Emil Skorek shone through, with Emil scoring a lot of good lay ups meant

MCA headed into the first quarter 28 - 10 in the lead, a brilliant start for MCA.

Teams were swapped around after the first quarter, so all the lads managed to get an equal amount of game time in the first game. MCA played well in the second quarter, working together and making some good defensive blocks. After the second quarter it was 39 - 23 to MCA, who were fully in control of the game. The third quarter is where MCA dominated, with some good 3 pointers from Riley Warren and some outstanding lay ups from Paavan Balrey, MCA asserted themselves 62 - 37 in the lead. Just one more quarter to get through before the final. The last quarter was a closely contested affair, with baskets being scored at either end, however, MCA still managed to hold their lead winning 74 - 50 with an excellent team performance which saw MCA through to the final.



# Sport

Coppleston won their semi-final against Sir John Leman (SJL) which meant it was going to be an MCA vs Coppleston final. Samuel Ward played against SJL in the battle for 3rd place, this game was closely contested but Samuel Ward put on a resilient display in the final quarter coming away as victors of this game.

It was now time for the final. MCA vs Coppleston where the winners would be crowned champions of Suffolk. A lot of the other teams had stayed behind to watch the highly anticipated event. The game started and within 15 seconds MCA had already secured a basket which helped settle the lads.

All of the boys were up for the challenge and completely focused the entire game, Coppleston had a very good team and they put together some clever passages of play that led to some nice baskets for them. However, MCA's strong defence kept them from scoring too many points, defending well as a team without committing too many fouls. A few of MCA's goals came from Riley feeding in Emil Skorek where Emil was able to use his height to his advantage to turn and dunk some shots in.

The end of the first quarter was MCA 23 - 13 Coppleston. Now, as MCA had a good start all we had to do was hold it and carry on out scoring the other team (easier said than done). MCA started the second quarter off well, with some nice 3 pointers from Ka'mari Jones-Clarke and Riley Warren stretching MCA's lead further. Resilient defending at the back from Lukasz Kurcon, Elliott Lloyd and Sean Doyle kept ensuring MCA outscored Coppleston. Coppleston then started to hit some form towards the end of the second quarter, scoring a couple of baskets on the bounce which made them

more confident. Some quick subs were made from MCA and this enabled MCA to hold out their gap until half time.

Score after second quarter MCA 39 - 27 Coppleston. During half time tactics were discussed and further changes were made. The third quarter was the most equal of the 3, with both teams having their fair share of points. Ultimately, MCA knew all they had to do was keep in the lead with a healthy amount of space between them, good scoring from Paavan, Oliver Da Costa and David Kurcon with good link up play from Zac Sargent enabled MCA to carry on scoring points. End of third quarter MCA 53 - 42. This was it, all to play for with just 11 points separating the two teams.

MCA knew they had to get the first few baskets to get an early gap, and that they did with consistent scoring again from Emil, Riley and David. MCA's defending was equally as good which ensured we were outscoring them, keeping the gap at a comfortable distance.

The clock slowly counted down but then finally, it sunk in, they had done it- full time MCA 80 - 64 Coppleston. MCA had become Suffolk County Champions. They had played unbelievably well all day, constantly remaining in front. Playing some fantastic basketball and doing themselves proud, coming away as deserved victors.

MCA are now through to the next round, which will be against a school from another area from the East of England (tbc) early next year. Well done to all involved, you absolutley smashed it.



# Sport

## Ice Skating

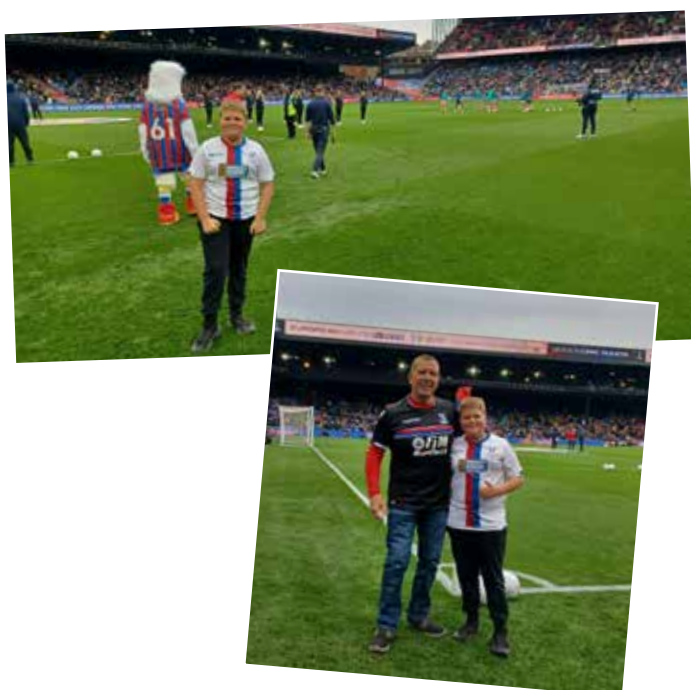
We are pleased to share with you that on Wednesday 5th November Year 7 student Austeja Baleviciute competed in the Ice Dance Qualifier for solo dancers in Sheffield Ice Arena and won a silver medal for her free dance programme.



Well done Austeja, we are all very proud of you, what a wonderful achievement.

## Penalty Shoot Out

Congratulations to Year 7 student Henry Dean who was lucky enough to visit the Crystal Palace Pitch after winning the penalty shoot out competition.



## U12 Girls Rugby Festival

The Year 7 Girls Rugby team took to the field this week for their first competitive tournament — and what a fantastic start they made! With most of the players completely new to the sport, the day was as much about learning the game as it was about playing it, and our students rose to the challenge brilliantly.



From the opening match, the team showed determination, courage, and an eagerness to improve with every play. They listened carefully to coaching tips provided by Bury Coaches who supported the event.

They grew in confidence each time they stepped onto the pitch. Most importantly, the girls finished the afternoon smiling — although a little cold but proud of their efforts, and excited for their next opportunity to play.

A huge well done to all the players for their efforts.



## Under 14 Netball Tournament

On Tuesday 9th December, the Under 14 girls' netball team travelled to Samuel Ward Academy to take part in a competitive tournament against several local schools. It was a fantastic afternoon of sport, showcasing determination, teamwork, and great spirit from all involved.

Mildenhall began their campaign with a challenging opening fixture against a strong Samuel Ward side. The game kept Ella Brewer our goal keeper busy, but despite a battling performance, the girls fell 5–0.

The team showed resilience throughout, never letting their heads drop and continuing to encourage one another right to the final whistle.

The second game was another tough contest against Stowupland, who would go on to win the overall competition. The girls demonstrated real motivation and ambition, pushing themselves against an excellent team and learning from every play.

By the third match, the team had really found their rhythm, producing some impressive passages of play. Although the game ended in a 5–2 loss, there were plenty of positives to take. Their teamwork and improving communication showed how quickly the group was growing in confidence. A strong performance from Lilly Gadsby allowed the team a platform to begin to perform on.

The final fixture saw Mildenhall finish on a high, claiming a well-deserved 2–1 victory against Castle Manor Academy. Goals came from Isabelle Knowles and Isobel Coupe whose attacking play and composure under pressure secured a brilliant result. The

whole team showed resilience and ambition, finishing the tournament strongly and representing the academy with pride. Overall, it was a day full of learning, teamwork, and determination — a great example of the MCA values in action.

**Key Performers:** Isabelle Knowles, Isobel Coupe.

## Swimming Leadership

Our leaders were supporting the Primary School Swimming Gala at the Hub pool.

Our leaders were responsible for timekeeping, scoring and encouraging those participating.

Many of our leaders swim outside of school so they were able to pass on their knowledge to the young students taking part. As always the leaders showed enthusiasm, determination and resilience throughout the event. Without them, the event would not run as smoothly as it did.

Thank you leaders!



## Leadership Panathlon



A group of our fantastic Student Leaders did the academy proud this week as they supported the annual Primary Panathlon event in the Sports Hall. Their maturity, enthusiasm, and genuine care for the younger students made the morning a huge success and left a lasting impression on everyone who attended.

From the moment the primary schools arrived, our leaders were on hand to welcome students, guide teams, and help run activities with confidence and kindness. Throughout the event, they offered constant encouragement, celebrated every achievement, and provided support whenever a student needed a boost. Their positivity created a warm and inclusive atmosphere where every child felt valued and motivated.

Teachers and staff from the visiting schools were full of praise for our students, commenting on how brilliantly they

interacted with the participants and how patient, supportive, and friendly they were. Many remarked that our leaders helped their students feel relaxed, reassured, and excited to take part.

Whether they were demonstrating activities, cheering from the sidelines, or helping overcome nerves, our leaders showed exceptional teamwork and leadership. They represented the academy with pride and professionalism, setting a fantastic example for others to follow.

We are incredibly proud of their efforts and grateful for the energy they brought to the day. Well done to all involved — you were true ambassadors for our academy and made a real difference to the experience of every child who took part!



## U12 Football



The Year 7 football team took part in a football tournament on the evening of Tuesday 18th November, this was against St Benedict's and Breckland, with the winner of this evening going through to the semi-final of the West Suffolk Cup.

The first game of the evening was MCA vs St Benedict's. MCA started off the game a bit shakily, with a few loose passes being made due to a nervous start. After about 10 minutes, MCA broke the deadlock, with a strong run down the wing from Noah Edwards followed by an accurate cross lead to a tap in from Oliver Curtis making it 1-0 to MCA. Not long later, MCA's press paid off when Thorben Wilcox managed to tackle a defender and in one strike hit the ball into the back of the net. MCA now started to take a real hold onto the game, with good passages of play leading to many chances, MCA's third goal was an outstanding solo goal from Thomas Procter, managing to pick the ball up just outside the box, dribble past two defenders with ease before slotting it into the top corner with his second effort after the keeper just saved the first.

Good defending at the back from Ethan Lee stopped a potential 1 on 1 chance at the back. The game was topped off when their goalkeeper kicked the ball straight to

Alfie Brewer, who managed to control it with one touch, and with the second strike it cleanly into the back of the net lobbing the keeper from 25 yards out, a brilliant finish topping off an excellent team performance.

Breckland took on St Benedict's in the second game, beating them 3-0, meaning that the winner of the last game would go onto compete in the semi-finals. MCA started off quick out the blocks, with a good finish from Thomas Procter inside the first minute of the game gave MCA a 1-0 lead. The game was then evenly matched, with both teams getting chances, with MCA hitting the post and Breckland hitting the bar. A few tactical changes, and MCA started to take a hold on the game. With about 10 minutes from the end, a cross came in towards Noah Edwards, and he hit it superbly on the half volley, finishing it well into the top corner of the net, giving MCA a deserved 2-0 victory which will see them through to the next round.

Overall, MCA put in an excellent team performance. Dominating play for majority of both games, scoring some outstanding goals which earned themselves two impressive wins leading them into the semi-final of the West Suffolk Cup against Thurston.

## U12 Netball

The U12 girls' netball team travelled to Thomas Gainsborough School to take part in a netball tournament featuring MCA, OSA, Ixworth and Castle Manor. Despite the cold weather and a few players experiencing their first ever competitive netball matches, the girls showed determination, teamwork and real improvement throughout the tournament.

We opened the tournament against OSA. For several members of our team, this was their first proper netball game, but you wouldn't have known it from the movement down the court. MCA linked the ball well through the thirds and created some promising shooting opportunities. Although no goals were scored and the game ended 0-0, the girls put in a huge amount of effort and used it as a practice for our next game.

Next up was Castle Manor. With the early nerves out of the way, the girls started confidently, and Rachel Groves put MCA on the scoreboard with our first goal of the tournament. We went into half time 1-0 ahead thanks to some excellent play. In the second half Castle Manor fought back strongly, despite some excellent interceptions, they managed to get 2 goals, ending the match 2-1 to Castle Manor. Our final match was against Ixworth. With some stand out play with several fantastic interceptions, making it difficult for Ixworth to progress the ball into their shooting circle.

MCA also created attacking chances with good movement down the court, but the shots just wouldn't drop. Ixworth collected the rebound from one of our attempts, transitioned quickly and scored the only goal of the game, making it 1-0 to Ixworth. Despite the results, the girls

showed excellent teamwork and enthusiasm throughout the entire tournament. They supported each other brilliantly and represented MCA with pride.

## U16 Girls Football Cup

We hosted TGS at home on a chilly evening. From the very first whistle, our girls faced an experienced and physically strong opponent, yet they refused to back down. Our girls had to play a player down as well, yet we got stuck in to every tackle. The defensive line—led bravely by Belle Clark worked tirelessly to close down space, put in smart tackles, and keep spirits high even under pressure. Ella Brewer in goal delivered several impressive saves that drew cheers from our team and TGS!



In midfield, Evie Byrne, Imogen Radford and Beth Edson showed real growth, trying to link passes and aiming to push the team forward. Gracie-Mai Lloyd was getting into lots of physical battles in the centre, aiming to wrestle the ball back. Leah Bartlett and Ellecia Paflin were in attack and chased down every ball, placing TGS under pressure in defence. TGS coped well and communicated well to cover each through ball.



TGS demonstrated a strong and composed performance. While the result wasn't what the team hoped for, the performance revealed how a positive team spirit can always grow, no matter the circumstances. A tough day on paper—an excellent day for learning, character, and team spirit.

Well done girls, on to next year!

**Final Score: 6–0**

## U14 Boys Basketball

On Thursday 27th November, the Under 14 boys participated in their first basketball fixture of the year at MCA.



The game consisted of 4 quarters, the first two quarters were 8 minutes in length, with the last two quarters being 5 minutes. The team in the first quarter went out all guns blazing for the win, putting together some very good passages of play, showing great teamwork with high levels of motivation throughout.

Their talent shone through, dominating play, with the score being 27 - 0 to MCA after the first quarter.

After the win seemed an almost certainty already, some conditions were placed on the boys to ensure they had a challenge. This consequently slowed down MCA's scoring for the rest of the game. MCA put on a strong performance, with solid defending not letting County have one good chance, leading MCA 37 - 0 in the lead after the second quarter.

Conditions were then made even harder for the boys, meaning they now had to show real togetherness to score points. County managed to score their first basket in the third quarter, but this was cancelled out by MCA's fine shooting accuracy and clever play, winning some free-throws and Emil Skorek scoring a lay up that was inches away from being a slam dunk.

After the third quarter the score was 41 - 2. The final quarter came, and it was more of the same from MCA, fine defending, great teamwork, and some great finishing leading MCA to a superb 48 - 4 victory.

Overall, MCA put on a dominant performance coming away with a convincing victory. Some very good play and fine shooting all whilst showing good sportsmanship the entire game.



## U14 Girls Football

The U14 Girls' Football Team delivered an outstanding performance in their recent cup fixture against St Benedicts.

They demonstrated confidence, composure, and real teamwork throughout a nail-biting match.



MCA made a superb start, taking control early on and moving the ball with swift and flowing passes. Their patience and calm on the ball soon paid off, resulting in two well-worked goals from Kaitlin Manuel and Hattie Clark that put MCA 2–0 up before half-time. Imogen Radford showed her strength in challenges. Poppy Spires took to the wing to show her pace and beat their defence on multiple occasions.

Leila Killa and Jasmine Gee showed great covering on either side at the back to keep MCA in the strong position. Ella Brewer made strong clearances and showed her calm and collected presence in goal. The team went into the break with momentum and belief. We just needed to continue this performance.

The second half brought renewed pressure from the opposition as St Benedicts stepped up their game. Brooke Gathercole and Sophia Coker were strong in the back trying to stop the through balls. Despite MCA's continued determination, the opponents were awarded a penalty that closed the gap. A well-struck effort shortly after brought the game level at 2–2.

Even under mounting pressure, the MCA girls kept their composure, refusing to panic and continuing to play good football. Ellecia Paflin chased down every ball and put some good corners into the box when needed. Isabelle Knowles almost scored an outstanding volley on the edge of the box, but was saved by the keeper.

Freya Triggs showed skilful footwork to wriggle away from players but unfortunately could not create the space to get a shot off.

With the score tied at full time, the match went to penalties. It was a tense finish, and although the team showed courage and focus, the shootout didn't fall Mildenhall's way, resulting in a narrow defeat.

Despite the final score, the girls should be immensely proud of their performance. They displayed resilience, teamwork, and impressive technical ability throughout the match. The whole academy congratulates them on their efforts and looks forward to seeing them build on this strong showing in next years fixtures.





## U13 Boys Futsal

Mildenhall students demonstrated outstanding MCA values of resilience, commitment, and teamwork during a challenging futsal fixture against two very strong opponents, King Edward VI Grammar School and Ormiston Sudbury Academy. The first match saw Mildenhall face a powerful King Edward's side. Despite a hard-fought performance, the team lost 6–3. The standout moment of the game came from Joshua Whitton, who produced a sensational goal by calmly rounding the goalkeeper before finishing with great composure. Kamiy Ellison-Rolph also contributed with an excellent goal, showing confidence and effort under pressure. Throughout the match, the team showed real determination and respect, never giving up even when the game became difficult.

The second game of the day was against Ormiston Sudbury Academy, another tough challenge. Mildenhall were defeated 8–3, but once again the students showed true MCA spirit by continuing to battle until the final whistle. Dylan Ogden was a key performer, scoring two well-taken goals, demonstrating both individual quality and commitment to the team. The team was supported by some great saves from Mikus Grandans who's performance in goal across the event was great and showed great skill. Although results did not go our way, the students can be extremely proud of their attitude, effort, and sportsmanship throughout both matches. Competing in such a difficult group of schools, the Mildenhall team showed real character and resilience, key traits of MCA students. The team will now look ahead with ambition and confidence to their upcoming semi-finals in a few weeks' time, determined to build on this experience and come back even stronger.

Key performers: Joshua Whitton, Dylan Ogden.

## U14 Girls Basketball

On the 1st December, The MCA girls put in a huge effort in what turned out to be a tough game against a strong County High School team. After a quiet first quarter, MCA got going in the second when Izzy Knowles knocked in our first points, giving the team a real boost.



Ellicia Paflin and Ella Brewer kept pushing forward all game, creating chances and getting shots up, even if luck wasn't always on their side. Ella did manage one unforgettable moment though a backwards shot that somehow dropped in, which definitely got the crowd talking! Maci Tricker also stood out with some brilliant rebounds, stopping County High School in their tracks and helping MCA win the ball back.

MCA saved their best basketball for the final quarter, finishing it 10–2 in our favour and showing what they're capable of when everything clicks. Even though County High School went on to win 44–14, the MCA girls showed great resilience and teamwork, battling all the way to the end.

## U12 Futsal

On Tuesday 9th December the Year 7 boys played their first futsal fixture for the academy. Futsal, as they realised was different to football in terms of how fast paced the game is being only a 5v5 game in the sports hall.



With this being in mind, MCA knew they had to be first to every ball, mark their man closely and show teamwork throughout the whole game. The game was against King Edward School, Bury St Edmunds and it was to be played over four, 10 minute quarters. The first quarter started perfectly, with Thomas Procter scoring in the first touch of the game for MCA, KEGS passed it back to their defender who mis-placed their pass which allowed Thomas to slot it in. Shortly after, KEGS showed their resilience by getting a goal back, 1 - 1. A couple of minutes into the first quarter and MCA were now finally finding their feet and getting a hold of the game. Ethan Lee's strong defending at the back saw out any more chances for them, with good link up play from Thorben Wilcox and Oliver Curtis allowed Thomas to score a first quarter hat-trick, leading MCA 4-1 up after the first quarter.

The second quarter started with exactly the aim of the first, to press every ball and work together as a team, not giving away easy chances. MCA battled for every ball, with Charlie Salter coming on in defence putting in a good shift, not allowing KEGS to score any goals in the second quarter of the game, Noah Edwards and Alfie Brewer also played some good football, which allowed MCA to score 3 more well taken goals, going into half time 7 - 1 in the lead.

The third quarter, and it was the tightest of the game. Both teams had an equal number of chances with KEGS managing to get a goal back. MCA tried to respond with a goal but couldn't get a clear opening on goal. Some amazing saves at the back from Archie Harrison stopped KEGS from scoring any more goals, which may have allowed them back in the game.

MCA were determined to win the last quarter, with the score currently being MCA 7 - 2 KEGS. KEGS scored first making it 7 - 3, however, after this MCA managed to take a real hold of the game showing their dominance. Good play from Charlie and Ethan stopped KEGS from having any more chances, with goals in the final quarter coming from Thorben, Noah, Thomas and Charlie helping to secure a convincing 11 - 3 win for MCA.

A really good display of teamwork and determination from the boys helped seal the win. Overall, the boys played excellently, scoring some brilliant goals and coming away with a good victory.



## U14 Badminton

The U14 badminton squad showed true Mildenhall College Academy spirit today, demonstrating Aspiration, Determination, Respect, and Kindness throughout a competitive and enjoyable fixture. Representing the boys, Fizan Sajeem and Ashton Sharwood put in outstanding performances. Fizan was in exceptional form, dominating all his singles matches with an impressive run of 15–0 victories. His focus and determination were clear to see in every point he played. Ashton showed fantastic effort and resilience, working hard in both of his single's games. Although he was unlucky to come away without a win, his positive attitude and commitment to improving truly reflected MCA's core traits. Together, the boys were excellent in their doubles matches, combining well to win both games with confidence and teamwork.

For the girls, Ella Brewer and Ellicia Paflin represented the academy brilliantly. They both worked incredibly hard in their matches, showing resilience and great improvement throughout the day. While they were unable to secure a win, their teamwork, determination, and positive attitude were a credit to them and to the school. They demonstrated respect towards their opponents and supported each other superbly.

## U16 Basketball

The Year 11 basketball team travelled to King Edwards for a three-team tournament. MCAs first opponents were the hosts King Edwards. The game began frantically with both teams scoring early baskets through Arhan Caglar and Spenser Cutts who drilled a 3-pointer just before the half.

MCA started the second half well and defensively looked strong.

Zac Cadman was aggressive his pressing and demonstrated excellent physical strength. As the half went on, King Edwards caught MCA with a couple of fast breaks to build a solid lead. Despite some late baskets from Arhan Caglar, MCA lost the game 40-19.



MCA's second and final game was against County. The first half was a very tense affair with neither teams able to get going offensively. Defensively MCA looked strong and Dino Christopoulos and Josh Grantham were excellent at applying pressure to the County point guard. County built a small lead but thanks to excellent work from Arhan Caglar, MCA kept County in their sights. MCA again were caught on the fast break and County ended up winning 16-8, but in truth the game could have gone either way.

The boys demonstrated excellent teamwork and effort throughout both games.





# The MCA Way

## THE MCA WAY

We are here to learn and be successful!

**A**cademic Excellence

**B**e the best you can be

**C**ontribute 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.



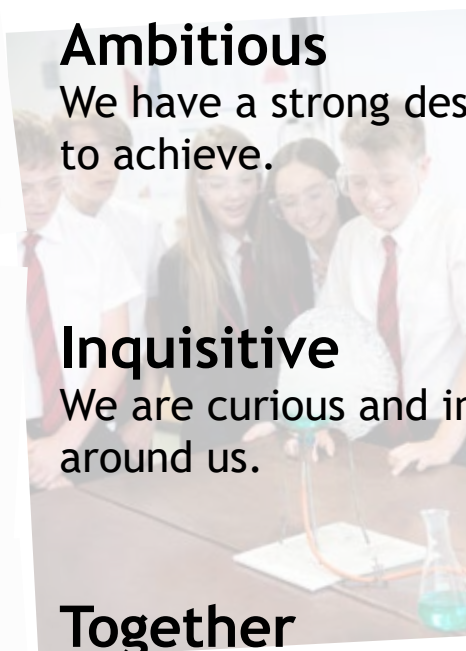
## Resilient

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**