



PARENT/CARER NOTICES

Spring 1 Monday 19th January 2026

Upcoming Events

Monday 12th to Friday 23rd January – Year 13 Mock Exams

Monday 19th January – Year 11 MFL Speaking Mocks

Wednesday 21st January – Year 10 Work Experience Parent/Carer information evening

Tuesday 27th January to Friday 6th February – Year 11 GCSE Practical Food Exams

Thursday 29th January – Year 9Q Parents Evening

Tuesday 3rd to Friday 6th February – Practical Food Exams

Tuesday 3rd February – SEND Coffee Morning 10am to 11am

Thursday 5th February – Year 9X Parents Evening

Monday 9th to Friday 13th February – Year 11 Mock Exams week 1 of 2

Wednesday 11th February – Year 10 Drama Showcase Performance

Wednesday 11th February – Parent/Carer Forum 2

Thursday 12th February – World Challenge Valentine Disco – Year 7 and 8

Monday 16th February – HALF TERM

Monday 23rd to Friday 27th February – Year 11 Mock Exams week 2 of 2

Thursday 26th February – Year 12 and 13 Parents Evening

General Notices

Update and Vapes

I would like to thank all of the Year 11 parents and carers who engaged with our online parents evening to discuss progress, attainment and support last Thursday. Around 52% of parents signed up for appointments. The Year 11's continue to impress us with their hard work- setting a strong example for their younger peers. Thankyou to the Year 13's who are also working hard during the mock season which extends into this week.

We have attached an important information leaflet about **vaping** which is well worth reading please. As a parent and Principal I am increasingly concerned about the large number of young people who vape. Recent surveys show that 18% of 11-17 year olds have tried vaping at least once. There are increasing concerns about the range of different vape 'juices' that are available. Some are not quality-controlled to meet health regulations in the UK if they are an imported or illegally produced product. Some vape juices also contain narcotic chemicals and these can be highly dangerous. **THC**, the active psychoactive





chemical in cannabis, can now be found in vape juices. It is arguably more dangerous to take THC in a vape compared to a joint/spliff for a number of reasons-

- It is flavourless. You may not know that you are inhaling a drug.
- There is no scent- so it can be taken covertly.
- There is no indication of dose. A user will not know how much THC they have inhaled or what effect it will have.
- The time for symptoms/effects to take place varies. This increases the risk of 'overdose'.

Vaping education is part of our SKL curriculum and we regularly update our students about the risks and support available if there are concerns about a peer or about their own addiction. We take a firm stance on vapes with a GM issued if found in possession of a vape or vape juice. If a student is caught vaping on site or discovered to have been vaping (reliably witnessed or on CCTV) then a suspension is issued. The possession of any drug in the Academy will lead to a permanent exclusion in nearly all cases.

Thankyou for your time in reading this notice and the attached leaflet. If you have any concerns or questions please contact our pastoral or safeguarding teams. *Mr Oxley*.

Supporting Your Child to Manage Anxiety

KoothTalks: How to support your child to manage anxiety with self care

If your child, or a young person in your care, is anxious, what's the best way to help them cope with their feelings?

Join **Kooth** for a free 45 minute webinar and you'll hear from one of our community engagement team, alongside a clinician from Kooth, who will offer expert tips on how to open up a conversation about anxiety, share practical self-care techniques, and talk about how Kooth can help.

Book 26th Jan 6-6:45pm

Book 28th Jan 6-6:45pm





Ski Trip

A place has become available on this year's ski trip to Italy. If you are interested please contact Miss Muttock bethany.muttock@attrust.org.uk for more information.

Neurodiversity Club

At 3.30pm on Thursday 22nd January in room F17 the Neurodiversity Club will be hosting a Welcome Party to meet and greet new members. We would also like to invite staff and parents/carers to take this opportunity to spend some meaningful time talking to our members about the work we do. Soft drinks and a few snacks will be available.

Barriers to Education Roadshow - Parent Event – Thursday 29th January 2026

We are working collaboratively with Suffolk's Psychology and Therapeutic Services team to support our students who struggle with attendance.

They are hosting 'Barriers to Education' roadshow event on Thursday 29th January 2026 between 10am and 11.30am at MCA (in our MCA6 building). This event is aimed at providing parents of children, who struggle with anxiety and attendance, with ideas and strategies they can use to support their child. The attached flyer has more information.

We would love for as parent and carers to join us for this event. If you wish to attend, please sign up via the link: [MCA Barriers to Education \(EBSA\) Roadshow – Fill in form](#)

PE Fixture Results

U13 Girl's Football

MCA 1 - 2 East Bergholt

Star performers: Jasmine Gee, Kaitlyn Manuel and Sophia Coker
A great display of teamwork and effort despite a difficult context.

Cross Country (Suffolk championships)

Star performer: Max Rutter- 31st

Overall, the MCA team ran very well and showed a high amount of resilience the whole way through even with the harsh conditions.





U13 Sportshall Athletics

Star performers: Kaitlyn Manuel, Brooke Gathercole and Hugo McTrusty.

Year 8 students represented Mildenhall College Academy with pride, demonstrating outstanding commitment, teamwork, and ambition throughout the day.

Upcoming Fixtures

Tuesday: U16 football: MCA vs Finborough A

