



## Headteacher's Newsletter 22.2.19



**British Heart  
Foundation**

*We are excited and proud to announce that Milford Haven School are fundraising for the purchase of a community defibrillator. Through pupil voice students have alerted us to their desire to purchase a life saving device, to be based here at Milford Haven School but to service the whole community. We have set our fundraising target at £1500, which is enough for us to purchase a defibrillator and have a protective casing fitted outside the main entrance on Steynton Road.*

*If someone suffers a heart attack, using a defibrillator on them in the first three minutes gives them a 74% chance of survival, without a defibrillator or medical assistance in the first three minutes your chances of survival are as low as 6%. With every minute that passes for an individual suffering a cardiac arrest, their chances of survival are reduced by 7-10%. The numbers speak for themselves.*

*Over the coming months we will be holding a variety of fundraising events, led by pupils, with an aim to raise enough money for this life saving piece of equipment. The students have requested to take on this fundraising challenge, and they started last week with a Valentine's themed cake sale to raise awareness of their mission. Once the defibrillator is purchased we will be training our young people on how to use the equipment, as this knowledge could literally save someone's life and will also equip our students with the confidence on how to respond in an emergency situation.*

*Due to the reduction in health care services, and the isolated nature of our location, we feel that it is our duty to do anything that we can do to increase vital lifesaving resources available in our town and for them to be accessible to all.*

*Every day in the UK 420 people lose their lives to cardio vascular disease, including heart attacks- that's one death every 3 minutes. There are around 7 million people in the UK suffering from cardio vascular disease, which means that a defibrillator based at Milford Haven School would be an incredible asset to the people of Milford Haven Town, and we are proud to be of service to the whole community. Thank you in advance for your support with this fundraising mission!*



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MHS Premier League: A huge thanks to our AYP officer Craig and Mr Martin for putting together such a fantastic event for our young people. The MHS premier league competition has been a huge success, with around 90 pupils taking part in each session, about 50 supporting and roughly another 20 helping or assisting over the course of the event.

Well done to all that got involved, especially Fulham and Man City who played a fantastic final on the last day of term. Congratulations to Fulham, who have deservedly been crowned the MHS Premier League winners of 2019! Da iawn pawb.



### **Blood Brothers.**

**As a school we are beyond proud of the incredible production of Blood Brothers that was performed here at MHS this week. Students worked extremely hard on this show, and we are glad that so many of you were able to come and join us. Special thanks to Chloe and the Torch Theatre for their on-going support in nurturing the evident dramatic talent that we are lucky to have here at school.**





# MHS through the eyes of Year 7....

**George Wheeler:** *My name is George and I am in Year 7. My time in Milford Haven School so far has been great. It has been jam packed with activities, including football matches, rugby games and trips, visits to the Torch Theatre and I also abseiled down the main tower at Pembroke Castle! Just recently Year 7 opened up a cooking club after school on a Wednesday, I made Rocky Road and butterfly cakes. We decided to take some of our bakes home and some are sold at break time to support the new cookery group, the money we made from selling our cakes we have given to the cookery club towards buying ingredients for the next group to cook, and I hope they enjoy it as much as I did.*

**Lennon Howlett:** My name is Lennon and I am in Year 7 at Milford Haven School. I am part of the MHS rugby and football teams. Recently we played Redhill in football and won 3-1. I have also played a lot of rugby matches, and I went to see the Scarlets play. I got to have a KFC before the match and played another school, which we won, before we saw the Scarlets play— it was a great trip. Soon I am going to see Swansea City play Stoke City in April. I really enjoy sport and am enjoying PE at school, there is a lot going on and I especially enjoy playing for the school.

**Mari Owen:** I was honoured to be asked if I wanted to watch the debating competition in Cardiff recently. Even though I was watching the Year 11's debate, I picked up loads of great debating tips and they talked to me like I was the same age as them. The whole experience really raised my confidence and expanded my vocabulary. Also, it was not only the inspirational words from my own school that I was listening to, but there were also some incredible speeches from opposing teams from all around the country. This has given me an insight into what professional debates look like, such as within Government. With all of these amazing debating techniques being on show I feel like I am ready to discuss anything with anyone!

**Stacey– Louise Clarke:** In February some girls from Years 7, 8 and 10 went on a netball trip to Cardiff and visited the Sports Arena Wales. We went for food in TGI Friday and one of my favourite teachers took us. It was a great experience to watch Dragons V Wasps, and we all had a great time and I really enjoyed it. Thank you to all of the teachers for taking us, I hope I get to do more stuff like this at school.