

Autumn 2024/Hydref 2024



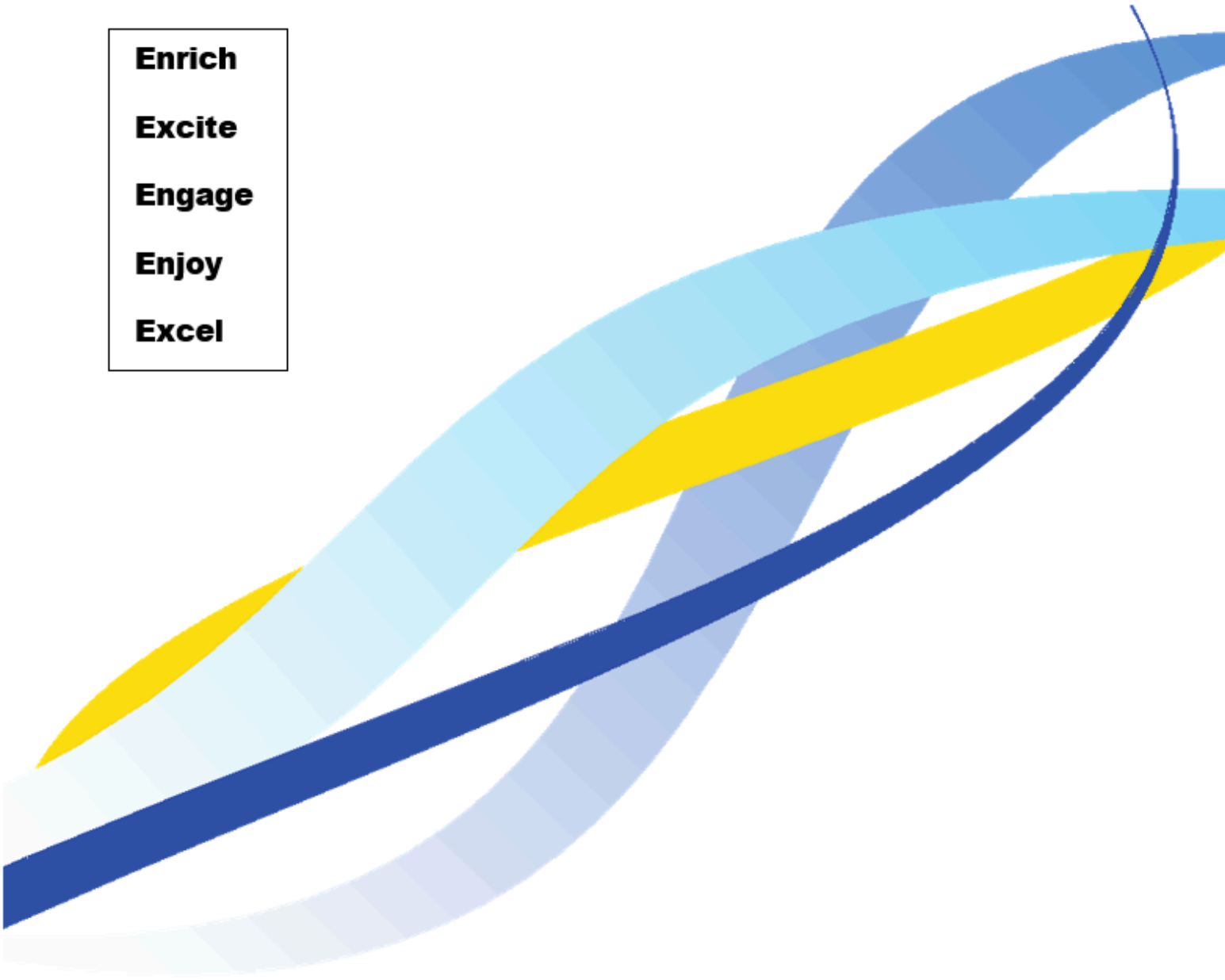
**Enrich**

**Excite**

**Engage**

**Enjoy**

**Excel**



**Milford Haven School**  
Ysgol Gyfun Aberdaugleddau



**Autumn 2024/Hydref 2024**

# Why should I do enrichment?

**Attending enrichment will help you to improve your attainment.**

You can get extra help in your subjects.

**You can be stretched a bit more and face a new challenge in subjects that you are already enjoying and succeeding in.**

You will learn new skills.

**You will make new friends.**

You can work with others outside of your year group.

**Enrichment builds confidence.**

You might discover a new talent.

**You can try new things.**

You could do something different every term.

**You will get to work with different teachers and also interesting visitors.**

You can take part in enrichment trips.

**Enrichment will broaden your mind.**

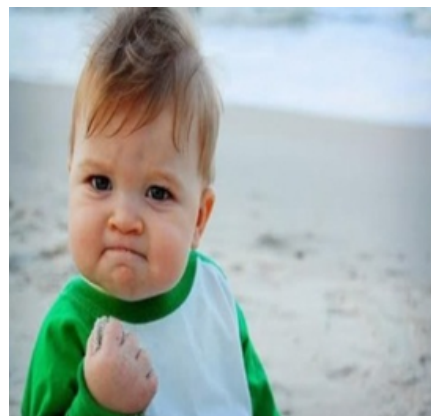
Enrichment gives you a wide range of skills that employers and universities will be impressed with.

**Develop interpersonal skills.**

Develop intrapersonal skills.

**Broaden your horizons.**

**“You don’t have to be great to start, but you have to start to be great!!”**



# Autumn 2024/Hydref 2024

Break 1 11.25 - 11.55am
Break 2 1.45 - 2.15pm

## AUTUMN TERM 2024/25 TYMOR YR HYDREF

MONDAY ENRICHMENT CYFOETHOGI DYDD LLUN				
ACTIVITY GWEITHGAREDD	YEAR BLWYDDYN	STAFF STAFF	TIME AMSER	VENUE LLEOLIAD
<b>BREAK 1/EGWYL1</b>				
Boys Football	Year 7-9	JML	11:25-11:55	AstroTurf
Milford Mathletes Maths Club	Years 7 & 8	EK	11.25-11.50	M2
<b>Break 2/ EGWYL 2</b>				
Adventurer's Guild - 'Magic: The Gathering' Trading Card Game.	All Years	JF & PJM	13:45 - 14:15	
Fitness Room	All years	JML	13:45 -14:15	H1
<b>AFTER SCHOOL/ AR ÔL YR YSGOL</b>				
MHS DigiMag	All years	BB/YHW	3.20pm to 4.20pm	L7
School Band	Years 7-11	GSS/SJ	3.10-4.00	Steynton Hall
Maths Support Sessions	All years	ASanderson	3.15pm - 4.15pm	M0



# Autumn 2024/Hydref 2024

Break 1  
11.25 - 11.55am

Break 2  
1.45 - 2.15pm

## TUESDAY ENRICHMENT CYFOETHOGI DYDD MAWRTH

ACTIVITY GWEITHGAREDD	YEAR BLWYDDYN	STAFF STAFF	TIME AMSER	VENUE LLEOLIAD
<b>BREAK 1/EGWYL 1</b>				
Cheerleading	all years	AYP	11.25-11.55	School Gym
'Jam' Club	Any rhythm musicians	JF, SJ	11.25-11.55	G4
<b>BREAK 2/ EGWYL 2</b>				
Fitness Room	Year 7 - 11	AYP	13:45 - 14:15	Fitness Room
MHS Voice: Politics Select	All Years	PJM	13:45-14:15	H12
Hospitality GCSE drop in	Year 11	NS	13.45-14:15	D8
Clwb Cymraeg	Pawb / All	KK	13:45 - 14:15	Neuadd Steynton
GCSE Biology Drop in	Years 10/11	SN	13:45 - 14:15	S2
<b>AFTER SCHOOL/ AR ÔL YR YSGOL</b>				
Gymnastics	all years	AYP	3.15-4.00	School Gym
Maths Support Sessions	All years	ASanderson	3.15pm - 4.15pm	M0



# Autumn 2024/Hydref 2024

Break 1 11.25 - 11.55am
Break 2 1.45 - 2.15pm

WEDNESDAY ENRICHMENT CYFOETHOGI DYDD MERCHER				
ACTIVITY GWEITHGAREDD	YEAR BLWYDDYN	STAFF STAFF	TIME AMSER	VENUE LLEOLIAD
<b>BREAK 1/EGWYL 1</b>				
Bay DofE Boccia	Bay	EC	13.45 - 14:15	G8
Fashion GCSE Drop in	11	NS	11.25-11.55	D8
<b>BREAK 2/ EGWYL 2</b>				
Fitness Room	Year 9 - 11	JML	13.45 - 14:15	Fitness Room
<b>AFTER SCHOOL/ AR ÔL YR YSGOL</b>				
The Adventurer's Guild - D&D	All Years	PJM	3.15pm to 4.30pm	H12
Drama Club	Years 7-11	SJ & BM	3:15-4.30	Steynton Hall
Maths Support Sessions	All years	ASanderson	3.15pm - 4.15pm	M0
School Fixtures				



# Autumn 2024/Hydref 2024

Break 1 11.25 - 11.55am
Break 2 1.45 - 2.15pm

THURSDAY ENRICHMENT CYFOETHOGI DYDD IAU				
ACTIVITY GWEITHGAREDD	YEAR BLWYDDYN	STAFF STAFF	TIME AMSER	VENUE LLEOLIAD
<b>BREAK 2/ EGWYL 2</b>				
Pop choir	Year 7-11	SJ	13:45 - 14:15	G4
<b>AFTER SCHOOL/ AR ÔL YR YSGOL</b>				
Maths Support Sessions	All years	ASanderson	3.15pm - 4.15pm	M0
Adventurer's Guild - "Magic: The Gathering" Trading Card Game	All Years	JF	3.20 - 4.30 pm	H12



# Autumn 2024/Hydref 2024

Break 1 10.55 - 11.25am
Break 2 1.15 - 1.35pm

FRIDAY ENRICHMENT CYFOETHOGI DYDD GWENER				
ACTIVITY GWEITHGAREDD	YEAR BLWYDDYN	STAFF STAFF	TIME AMSER	VENUE LLEOLIAD
<b>BREAK 1/EGWYL1</b>				
MHS Coders	Years 7 - 9	AP	10.55 - 11.25	H10
<b>AFTER SCHOOL/ AR ÔL YR YSGOL</b>				
Cluster band	All years (pupils who play instruments)	GSS	1.15-3.00	Hall
Adventurer's Guild: Friday Freeplay	All Years	PJM & JF	1.15-3.00 (Week 1 only)	H12

## WELLBEING FRIDAYS - GWENER GWELLHAD

### Starting date Autumn term

We fully recognise the importance of looking after our emotional health and well-being. That is why, our pupils are being offered the opportunity to leave early on a Friday afternoon to pursue their own hobbies and interests, or to stay and participate in one of the activities we have on offer at school. Most activities start at 1:55pm and finish at 3.00pm.

At the end of the school day (1:15) pupils will have their break in the school canteen and staff will meet them in the canteen where a register will be taken to safeguard the pupils.

Fun Five a Side football An opportunity to practise your skills, have fun and get fit!	7 - 10	<u>Week 1</u> Gavan Charlesworth Claudia Hughes <u>Week 2</u> William (Billy) Duckworth Alaya Islam	2:00 - 3:00	Astro Sports Hall
Welcome to Tabletop! During your time here we will be playing a number of different games and activities together. This could be board games like Monopoly and Cluedo, card games	7 - 10	<u>Week 1</u> Mrs Walter Jones Claire Hughes <u>Week 2</u> Fran Thomas Gracie Rogers	2:00-3:00	Library
Art Workshop	7 - 10	<u>Week 1</u>	2:00-3:00	Art

# Autumn 2024/Hydreref 2024

Do you enjoy creativity? If you enjoy the world of paints, pastels, pencils and a plethora of other materials, then this is the session for you!		Mrs Thomas Mrs Conway  <u>Week 2</u> Mrs Littlehales Mrs Sanders Swales		
Young Carers	Young Carers	<u>Week 1 &amp; 2</u> Adele Park		Hall

**Registration link :** <https://forms.gle/hpwHgN3zBkZpobju7>

As you can see from our activity list, numbers are limited and places will be allocated on a first come, first served basis. Once signed up, parents will receive a confirmation email or a message to say the application has been successful. Assume that you have a place unless you are contacted by the school. If an activity does not appear on the form, this means that all places have been taken for this half term. Each half term the registers will refresh and parents can sign up for something else. If pupils would like to continue with the same activity, they may. However, if the activity is oversubscribed, parents and pupils may be asked to choose something else.

### **What commitment am I making by signing up?**

Signing up means that pupils are committed to attend the chosen activity for the full half term. For example, if they have chosen an Art activity, they must attend Art each Friday during that half term. Pupils are not permitted to swap activities without seeking permission from Mr Thomas/Miss Reynolds. Pupils that select activities taking place on week 2 only have the opportunity to select another activity during week 1 if they wish.

We have a duty of care to make sure everyone is safe and accounted for at school. As a result, a weekly register will be taken by the providers. If pupils cannot attend a session, the usual attendance procedures apply. This way, we will know where pupils are and that they are safe if they have not attended the planned activity. Parents will need to make their own arrangements for pupils to be collected at 15:00.