

Spring 2025/Gwanwyn 2025



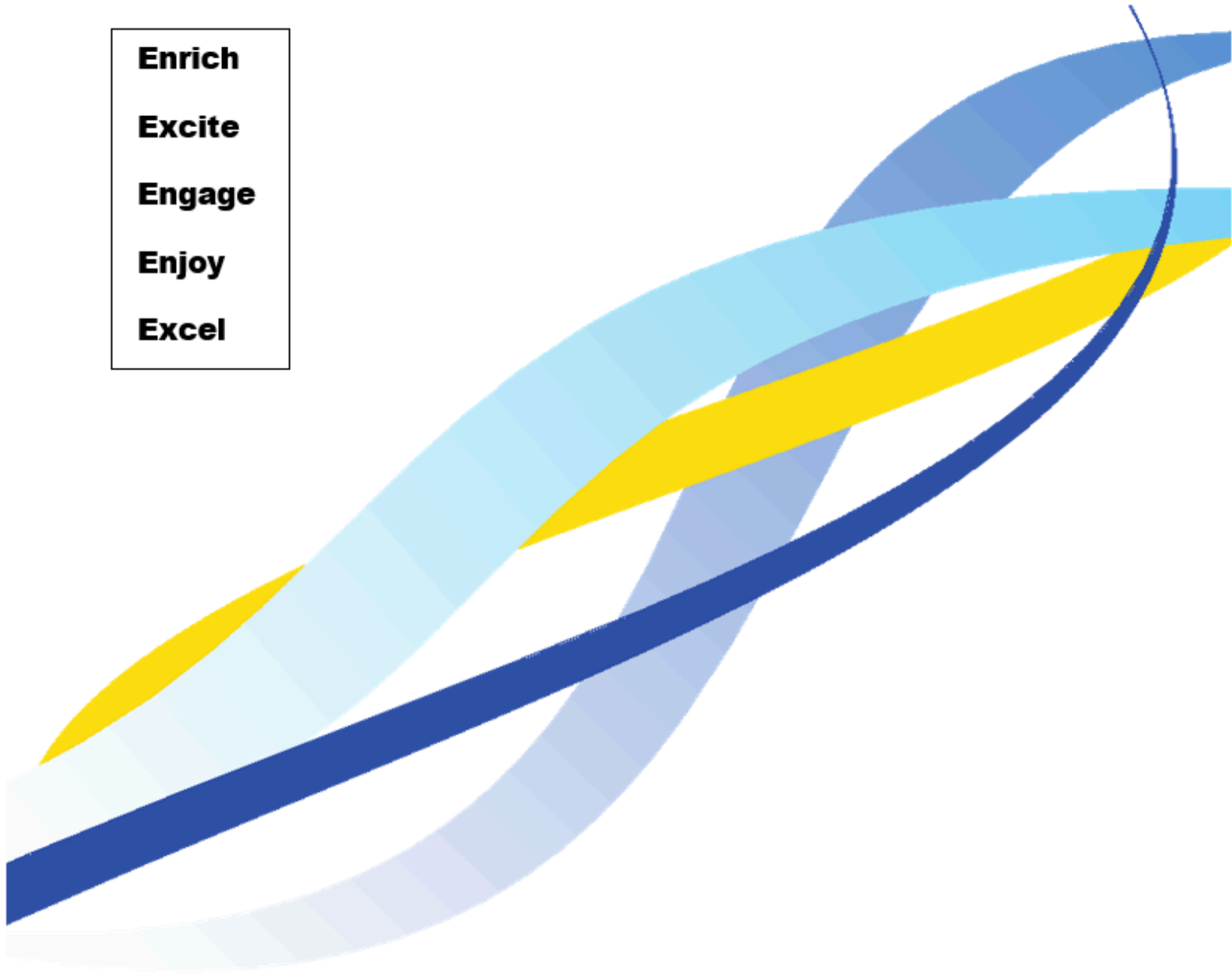
Enrich

Excite

Engage

Enjoy

Excel



Milford Haven School
Ysgol Gyfun Aberdaugleddau



Spring 2025/Gwanwyn 2025

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.

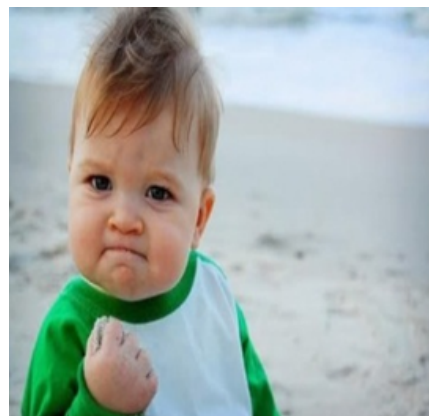
Enrichment gives you a wide range of skills that employers and universities will be impressed with.

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!!”



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Break 1
11.25 - 11.55am

Break 2
1.45 - 2.15pm

AUTUMN TERM 2024/25 TYMOR Y GWANWYN

MONDAY ENRICHMENT CYFOETHOGI DYDD LLUN				
ACTIVITY GWEITHGAREDD	YEAR BLWYDDYN	STAFF STAFF	TIME AMSER	VENUE LLEOLIAD
BREAK 1/EGWYL1				
Boys Football	Year 7-9	JML	11:25-11:55	AstroTurf
Milford Mathletes Maths Club	Years 7 & 8	EK	11.25-11.50	M2
Break 2/ EGWYL 2				
Fitness Room	All years	JML	13:45 -14:15	H1
Boys Football	Years 7 - 9	CB	13:45 - 14:15	AstroTurf
AFTER SCHOOL/ AR ÔL YR YSGOL				
MHS DigiMag	All years	YHW/BB	3.20pm to 4.20pm	G6 (Bay)
School Band	Years 7-11	GSS/SJ	3.10-4.00	Steynton Hall
Maths Support Sessions	All years	ASanderson	3.15pm - 4.15pm	M0
Ymarfer siarad Cymraeg Welsh oracy practice	Blwyddyn 10 ac 11	CR/KS/MR/KK	3.20 - 4.00 (Wythnos 2 / Week 2)	L1-L4



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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
BREAK 1/EGWYL 1				
Cheerleading	all years	AYP	11.25-11.55	School Gym
Basketball	Year 7-8	DR	11.25 - 11.55	Sports Hall
Fashion and textiles GCSE drop in	Year 11	NS	11.25 - 11.55	D8
BREAK 2/ EGWYL 2				
Fitness Room	Year 7 - 11	AYP	13:45 - 14:15	Fitness Room
Hospitality GCSE drop in	Year 11	NS	13.45-14:15	D8
GCSE Biology Drop in	Years 10/11	SN	13:45 - 14:15	S2
AFTER SCHOOL/ AR ÔL YR YSGOL				
Gymnastics	all years	AYP	3.15-4.00	School Gym
Maths Support Sessions	All years	ASanderson	3.15pm - 4.15pm	M0
Basketball	Year 9-11	DR	3.15pm - 4.15pm	Sports Hall



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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
BREAK 1/EGWYL 1				
Bay DofE Boccia	Bay	EC	11.25-11.55	G8
History Club	All	VJ	11.25-11.55	H3
BREAK 2/ EGWYL 2				
Fitness Room	Year 9 - 11	JML	13.45 - 14:15	Fitness Room
AFTER SCHOOL/ AR ÔL YR YSGOL				
Drama Club	Years 7-11	SJ & BM	3:15-4.30	Steynton Hall
Maths Support Sessions	All years	ASanderson	3.15pm - 4.15pm	M0
English / HomeWork Support Sessions	All years	Hallam-Walsh	3.15pm - 4.15pm	G6 (Bay)
Ymarfer siarad Cymraeg Welsh oracy practice	Blwyddyn 10 ac 11	CR/KS/MR/KK	3.20 - 4.00 (Wythnos 1 / Week 1)	L1-L4
School Fixtures				



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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
BREAK 1/ EGWYL 1				
Creative Writing Club	7-8	KH	11.25-11.55	L15
BREAK 2/ EGWYL 2				
Pop choir	Year 7-11	SJ	13:45 - 14:15	G4
AFTER SCHOOL/ AR ÔL YR YSGOL				
Maths Support Sessions	All years	ASanderson	3.15pm - 4.15pm	M0



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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
BREAK 1/EGWYL1				
AFTER SCHOOL/ AR ÔL YR YSGOL				
Cluster band	All years (pupils who play instruments)	GSS	1.15-3.00	Hall

WELLBEING FRIDAYS - GWENER GWELLHAD

Starting date: Spring 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 <u>Week 2</u> Alaya Islam J Whatling	2:00 - 3:00	Astro Sports Hall
Welcome to Tabletop! During your time here we will be	7 - 10	<u>Week 1</u>	2:00-3:00	Bay Reflection

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playing a number of different games and activities together. This could be board games like Monopoly and Cluedo, card games		Claire Hughes L Main <u>Week 2</u> Fran Thomas Gracie Rogers		
Art Workshop 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!	7 - 10	<u>Week 1</u> Mrs Thomas Mrs Conway <u>Week 2</u> Mrs Littlehales Mrs Sanders Swales Mrs Adele Park	2:00-3:00	Art
Young Carers	Young Carers	<u>Week 1 & 2</u> Mrs Walter Jone Nicole Wisby	1.15 - 3.00	Library

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.