

Spring 2026/Gwanwyn 2026



Enrich

Excite

Engage

Enjoy

Excel

Milford Haven School
Ysgol Gyfun Aberdaugleddau



Spring 2026/Gwanwyn 2026

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.

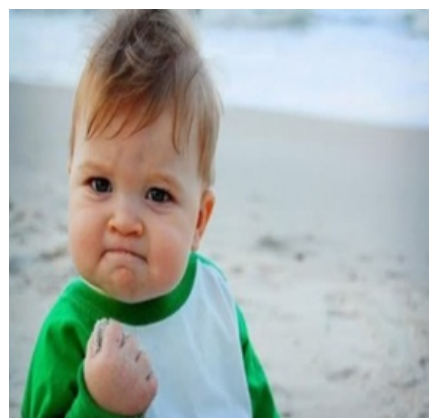
Enrichment gives you a wide range of skills that employers and universities will be impressed with.

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!!”**



Spring 2026/Gwanwyn 2026

Break 1
11.25 - 11.55am

Break 2
1.45 - 2.15pm

SPRING TERM 2025/26 TYMOR Y GWANWYN

MONDAY ENRICHMENT CYFOETHOGI DYDD LLUN				
ACTIVITY GWEITHGAREDD	YEAR BLWYDDYN	STAFF STAFF	TIME AMSER	VENUE LLEOLIAD
BREAK 1/EGWYL1				
Archery	Year 7&8	AYP	11.25-11.55	School gym
BREAK 2/EGWYL2				
Boys Football	Years 8 & 9	CB	13:45 - 14:15	AstroTurf
GCSE music composition support	Year 10 and 11	SJ	13.45-14.15	G4
AFTER SCHOOL/ AR ÔL YR YSGOL				
Boys Football	Year 7 & 8 (Week 1) Year 9 & 10 (Week 2)	CB	3:15- 4:15pm	AstroTurf
Girls Hockey	Year 9+	LG	3:15-4pm	AstroTurf
School Band	Years 7-11	GSS/SJ	3.10-4.00	Steynton Hall
Maths Support Sessions	All years	ASanderson	3.15pm - 4.15pm	M0



Spring 2026/Gwanwyn 2026

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
Debate Club	7-9	KH	11.25-11.55	L15
BREAK 2/ EGWYL 2				
Fitness club	Year 7 - 11	AYP	13:45 - 14:15	Fitness Room
Badminton	Year 10 & 11	CB	13:45 - 14:15	Sports Hall
Clwb Cymraeg	Pawb	KK	13:45 - 14:15	Neuadd Steynton
Hospitality GCSE drop in	Year 11	NS	13.45-14:15	D8
GCSE Biology Drop in	Years 10/11	LE	13:45 - 14:15	S1
Girls Hockey	Year 9-11	AMK	13:45 - 14:15	Astro
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 7-11	DR	3.15pm - 4.15pm	Sports Hall



Spring 2026/Gwanwyn 2026

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				
Creative Writing Club	All	KH	11.25-11.55	L15
Girls Cricket	Year 7 - 10	CB	11:25 - 11:55	Sports Hall
BREAK 2/ EGWYL 2				
Boys Football	Year 7 & 8	CB	13:45 - 14:15	AstroTurf
Bay DofE Boccia	Bay	EC	13:45 - 14:15	G8
AFTER SCHOOL/ AR ÔL YR YSGOL				
Drama Club	Years 7-11	SJ	3:15-4.15	Steynton Hall
Maths Support Sessions	All years	ASanderson	3.15pm - 4.15pm	M0
The Adventurer's Guild: Dungeons and Dragons	All years	PJM	3.15 pm - 4.30 pm	H12
School Fixtures				



Spring 2026/Gwanwyn 2026

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				
Boys Cricket (Week 1)	7 & 8	CB	11:25 - 11:55	Sports Hall
Girls Football (Week 2)	7 & 8	CB	11:25 - 11:55	Sports Hall
Dance	All years	LG	11:25 - 11:55	Gym
BREAK 2/ EGWYL 2				
Pop choir	Year 7-11	SJ	13:45 - 14:15	G4
Maths Foundation Revision	Year 11	VJG	13:45 - 14:15	M6
Boys Football	Year 9 & 10	CB	13:45 - 14:15	Sports Hall
AFTER SCHOOL/ AR ÔL YR YSGOL				
Maths Support Sessions	All years	ASanderson	3.15pm - 4.15pm	M0
Maths Foundation Revision	Year 11	VJG	3.15pm - 4.15pm	M6
The Adventurer's Guild: Magic: The Gathering	All years	PJM	3.15 pm - 4.30 pm (excluding Progress Evenings and Teacher INSET)	H12



Break 1
10.55 - 11.25am

Break 2

Spring 2026/Gwanwyn 2026

1.15 - 1.35pm

FRIDAY ENRICHMENT CYFOETHOGI DYDD GWENER				
ACTIVITY GWEITHGAREDD	YEAR BLWYDDYN	STAFF STAFF	TIME AMSER	VENUE LLEOLIAD
BREAK 1/EGWYL1				
Boys Hockey	Year 9-11	AMK	10:55 - 11:25	Astro
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 Claudia Hughes <u>Week 2</u>	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> Claire Hughes Alaya Islam <u>Week 2</u> Fran Thomas Gracie Rogers	2:00-3:00	ASD room
Art Workshop Do you enjoy creativity? If you enjoy the world of paints, pastels, pencils and a plethora of other materials, then this is	7 - 10	<u>Week 1</u> Mrs Thomas Mrs Conway	2:00-3:00	Art

Spring 2026/Gwanwyn 2026

the session for you!		<u>Week 2</u> Mrs Littlehales Mrs Sanders Swales Mrs Adele Park		
Young Carers	Young Carers	<u>Week 1 & 2</u> Mrs Walter Jones Mrs Parks Miss Main	1.15 - 3.00	Library

Registration link :

https://docs.google.com/forms/d/e/1FAIpQLSdrj87KlsaeYOO3BCMbviYOeAU6x7g2QAsDttEsBkflpKzb_g/viewform

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/Mrs Wilcox. 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.