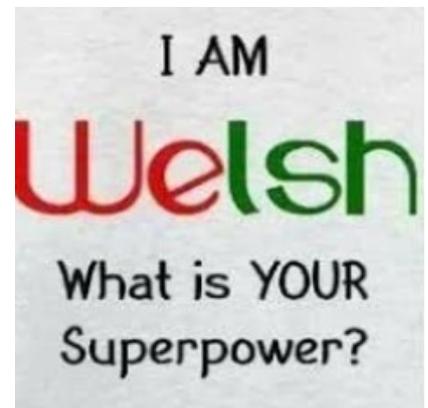




Headteacher's Newsletter 15.3.19

Last Friday a large group of girls from Milford Haven School were lucky enough to take part in a 'Sport Taster Day' at the Meads Sports Centre. Ms Baker and our AYP Officer Craig organised yoga, self defence, tennis and spin classes so that the girls could have a go at trying sports which they had expressed an interest in. There is a "direct correlation" between a lack of physical activity by young British girls and them having poorer mental health and lower aspirations than their male counterparts, experts have warned. Boys aged between eight and fifteen spend almost twice as much time doing sport activities as girls of the same age, according to new figures from the Office for National Statistics (ONS). This is despite the fact that girls who participated in sports got the same level of enjoyment from it as boys. As a school we are working hard to ensure that our girls are supported to take part in a variety of sport and are supported to live healthy lives.

We have a lot of pupils here at Milford Haven School who are very proactively involved in local and national sport. The below picture shows many of the Milford Haven School students that have proudly represented their **Country**. We are extremely proud of you all and hope to nurture many more top Welsh athletes of the future. Diolch.



Cyngerdd Cymraeg Aberdaugleddau: Tuesday was an excellent evening here at Milford Haven School celebrating the Welsh language. Ms Morris would like to say diolch yn fawr to our colleagues in the Primary feeder schools and respective Headteachers for their involvement. This truly was a community event for a community purpose, and thanks to everyone that attended 'Cyngerdd Cymraeg' we raised an amazing £367 for PATCH! A huge 'da iawn' to pupils of Ysgol Aberdaugleddau, Ysgol Gelliswick, Ysgol Johnston, Ysgol St Ffrancis and Ysgol Coastlands for taking part- and a massive 'diolch yn fawr' to Eurfyl Lewis for comparing the evening and Bois y Frenni for their humorous Welsh songs. Diolch.

#together aspire, together achieve

This year Milford Haven School have been the only secondary school in Pembrokeshire to offer an international football tour for its students, and we are very proud to have offered this incredible opportunity to our pupils. The football teams who went on tour to France played 4 games in total, winning 3 against the French opposition. We had a tour of the WW1 Battlefields, shopping trip around Paris, a trip to see the Eiffel Tower and as a surprise we took the boys to watch a PSG game v Nimes. Throughout the trip behaviour, attitudes and the constant laughter was outstanding and made it a pleasure to take them away, the boys were a credit to the school and their families. Below is some feedback we received from Sol Goodall of Year 10 who clearly enjoyed the experience, and we have already had younger students request a tour in the future!

"The football tour in France was an amazing experience for all of us and was a good trip, watching one of the best teams in the world (PSG) was a once in a lifetime experience and we were really grateful Mr Edwards organised it for us. We also had some education on the area as we went round the battlefields and war memorials. It was also great seeing famous monuments like the Arc De Triomphe and the Eiffel tower. Another great experience was us actually playing a game of football in France as we have never played with each other before and most of us will never play a game in France again, and to Win 3-4 as a school is great. Overall it was a fantastic trip that none of us will ever forget."

Dates for your Diary:

Here is a handy list of some key dates coming up in the school calendar, but please note that this is not an exclusive list of school events.

*21.3.19 Year 9 Pupil Progress Evening 3.30-6pm
25.3.19 Parent Forum 5-6pm
25.3.19 WEDUC Workshop 6-6.30pm

Monday 1st April- INSET Day

*4.4.19 Year 7 Pupil Progress Evening 3.30-6pm
10.4.19 MHS Easter Bingo 6pm
*11.4.19 Year 8 Pupil Progress Evening 3.30-6pm
Easter Holidays 15.4.19- 26.4.19
Bank Holiday 6.5.19

***Pupil Progress Evenings are the new Parents Evening**

On Saturday Evening cornet player Rhys Evans of year 10 played in the South and West Wales Area Final of the Rotary Young Musician of the Year, at Islwyn High School in Oakdale, Gwent. The standard of the competition was exceptionally high. Rhys was the youngest of the 8 competitors, all of whom the adjudicators referred to as young professionals. They also said that it was the highest standard competition for some years. Whilst Rhys did not win and go through to the next round, he had extremely positive feedback and we are very proud that he has represented the town of Milford Haven and the whole of

Pembrokeshire in this prestigious competition. Daawn Rhys!
IMPORTANT REMINDER: A uniform means students don't have to worry about peer pressure when it comes to their clothes in school. When everyone is dressed the same, worrying about what you look like isn't so important. There is no competition about being dressed in the latest trend, which would put a great deal of financial pressure on students and parents. Potential bullies have one less target for their insults; it's hard to make fun of what someone is wearing when you're dressed exactly the same. Wearing a uniform is a badge of pride, creates an identity for a school and is an important part of being a school student. Hoodies are not part of school uniform and should not be worn in school. As such any hoodies seen will be confiscated as per the school policy.

During recent assemblies we have launched KiVa here at Milford Haven School. KiVa is a research-based anti bullying program that has been developed in the University of Turku,

Finland, with funding from the Ministry of Education and Culture. In Finland, KiVa is a sought-after program: 90 % of all comprehensive schools in the country are registered KiVa schools implementing the program proactively trying to prevent bullying and also to tackle cases of bullying coming to attention. The program has been shown to reduce both self- and peer-reported bullying and victimization significantly. It influences multiple forms of victimization, including verbal, physical, and cyber bullying. KiVa also reduces anxiety and depression, and has a positive impact on students' perception of their peer climate. A remarkable 98% of victims involved in discussions with the schools' KiVa teams felt that their situation improved. We look forward to KiVa making a positive impact here at Milford Haven School. Diolch.

Women's Wellness Event: On Monday 11.3.19 Milford Haven School hosted a 'Women's Wellness' event at the Mount Community Centre in belated celebration of International Women's Day. We had mindfulness colouring, tea and cake, manicures, haircuts, massage and much more on offer- all to enhance the wellbeing of the women who attended. Thanks to Milford Haven W.I. who paid for the refreshments and resources needed for the school to put on this event, without your help this would not have been possible.

Our wonderfully talented Hair & Beauty students provided free treatments to ladies from the local area to support their wellbeing, confidence and self-esteem. The hair and beauty students were an absolute credit to the school and their families, conducting themselves in a professional manner and providing exceptionally high quality treatments. Sadie and Rachel from the local Renuus hair salon also attended and provided free hair cuts and beauty treatments, and we would like to thank them for giving up their time to play such a vital role in this event. The turnout was brilliant, with it being one of the best attended events the community centre has yet hosted. The feedback we have received has been

On Wednesday 12th March the school had the pleasure of having the Year 6 Writer's Squad work with Miss Hill in the English department. The group have created their own superheroes and written some fantastic pieces of descriptive writing! Miss Hill was very impressed with their creativity and sophisticated vocabulary, and can't wait until the next session!

overwhelmingly positive, and we h