



Enrich

Excite

Engage

Enjoy

Excel

Spring 2020

Milford Haven School
Ysgol Gyfun Aberdaugleddau



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 TERM 2019/20 TYMOR Y
GWANWYN



MONDAY ENRICHMENT				
CYFOETHOGI DYDD LLUN				
ACTIVITY	YEAR	STAFF	TIME	VENUE
GWEITHGAREDD	BLWYDDYN	STAFF	AMSER	LLEOLIAD
BREAK 1/EGWYL1				
Rugby Skills	Year 7	SM	11.05-11.30	GYM
Football	Year 9 & 10	CB	11:05 - 11:30	Sports Hall
BREAK 2/ EGWYL 2				
Soul Band	Yr 8/9 (Mu)	SL	1.35 - 2.05	G3
Fitness Room	All	JML	1.35 - 2.05	H1 - Fitness Room
Football / Rugby	All	CB	1:35 - 2:00	Astro
Boys Gymnastics	Year 7 - 10	Sport Pembrokeshire	1:35 - 2:00	Gym
AFTER SCHOOL/ AR ÔL YR YSGOL				
Rugby training	Year 7 and 8	SM/ME	3.15-4.00	Field
Fun Dodgeball	Year 7 & 8	CB	3:15 - 4:00	Gym
Wind Band	All years	GSS/SL	3.15-4.00	G3

Transport is available via the EXCEL bus on Monday, Tuesday, Wednesday and Thursday.

If you require this service please see Mr A Riley in the Library at 3.10pm



TUESDAY ENRICHMENT				
CYFOETHOGI DYDD MAWRTH				
ACTIVITY	YEAR	STAFF	TIME	VENUE
GWEITHGAREDD	BLWYDDYN	STAFF	AMSER	LLEOLIAD
BREAK 1/EGWYL1				
Rugby skills	Year 8	SM	11.05-11.30	GYM
Football	Year 7 & 8	CB	11:05 - 11:30	Sports Hall
BREAK 2/ EGWYL 2				
WoodWind Group	All (woodwind)	GSS (peri)	1.35 - 2.00	Practice Room
Football / Rugby	All	CB	1:35 - 2:00	Astro
Clwb Cymraeg	Pawb	KK	1.35 - 2.00	L3
AFTER SCHOOL/ AR ÔL YR YSGOL				
Fun Football	Year 7 - 9	CB	3:15 - 4:00	Sports Hall / Astro

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WEDNESDAY ENRICHMENT				
CYFOETHOGI DYDD MERCHER				
ACTIVITY	YEAR	STAFF	TIME	VENUE
GWEITHGAREDD	BLWYDDYN	STAFF	AMSER	LLEOLIAD
BREAK 1/EGWYL1				
ALN Wheelchair rugby	7-9	SM	11.05-11.30	Sports Hall
Girls Dodgeball	7 - 9	CB	11:05 - 11:30	Gym
BREAK 2/ EGWYL 2				
Wellbeing Wednesday	7/8	ECD	1.35 - 2.05	M4
Racket Sports	7 - 9	Sport Pembrokeshire	1:35 - 2:00	Sports Hall
Football / Rugby	All	CB	1:35 - 2:00	Astro
Singing Club/Choir	All	SL	1.35 - 2.05	G4
AFTER SCHOOL/ AR ÔL YR YSGOL				
School Fixtures				
Maths Revision				

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THURSDAY ENRICHMENT				
CYFOETHOGI DYDD IAU				
ACTIVITY	YEAR	STAFF	TIME	VENUE
GWEITHGAREDD	BLWYDDYN	STAFF	AMSER	LLEOLIAD
BREAK 1/EGWYL1				
S&C	7-9	SM	11.05-11.30	GYM
Football	9 & 10	CB	11:05 - 11:30	Sports Hall
BREAK 2/ EGWYL 2				
Brass Ensembles	All Brass players	CB (peri)	1.35 - 2.05	G3
Girls Football	Year 7 - 11	VP	1:35 - 2:00	Sports Hall
Street Dance	Year 7 - 11	Sport Pembrokeshire	1:35 - 2:00	Gym
Football / Rugby	All	CB / SM	1:35 - 2:00	Astro
AFTER SCHOOL/ AR ÔL YR YSGOL				
School Fixtures				
Drama Club	7-11	Chloe	15:15 - 17:00	Steynton Hall
Cooking Club	7-8	KGeorge	15:15 - 17:00	D12/D13

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FRIDAY ENRICHMENT				
CYFOETHOGI DYDD GWENER				
ACTIVITY	YEAR	STAFF	TIME	VENUE
GWEITHGAREDD	BLWYDDYN	STAFF	AMSER	LLEOLIAD
BREAK 1/EGWYL1				
Girls Rugby Fit	7-9	SM	11.05-11.30	GYM
Football	7 & 8	CB	11:05 - 11:30	Sports Hall
Singing Ensemble	Singing Students	CD (peri)	11.05-11.30	G3
BREAK 2/ EGWYL 2				
Table Tennis	7 - 9	AD	1:35 - 2:00	Sports Hall
Girls Cricket	All	VP	1:35 - 2:00	Gym
Football / Rugby	All	CB / SM	1:35 - 2:00	Astro
AFTER SCHOOL/ AR ÔL YR YSGOL				

No bus is available on Friday.

