



Milford Haven School
Ysgol Gyfun Aberdaugleddau

Steynton Road, Milford Haven SA73 1AE



Heol Steynton, Aberdaugleddau SA73 1AE



26.2.20

Dear Parents & Carers,

We are excited to share with you a unique opportunity we have facilitated for the girls in Years 7&8. Unfortunately it is well known that during their teenage years girls are generally a lot less physically active than at other times of their lives, but there are so many benefits to being physically active we want to encourage more girls at MHS to be taking part in a variety of sports.

We have arranged a special 'Activity Taster Day' to allow our girls the opportunity to try several sports that they may be curious about and not yet had access to. We have come up with a selection of activities including **yoga, RIKA, spin and badminton**, so we are confident that there will be something to suit everyone's interests and all abilities on the day.

The girls only 'Activity Taster Day' will take place at the Meads sports centre on Friday March 6th, in support of International Women's Day on 8.3.20. The cost will be £3 per pupils which covers four sports taster sessions and transport to and from the Meads. Please can you complete and return the attached permission slip with payment ASAP as pupils cannot take part without parental consent. All permission slips and money are to please be handed in to Mr C Butland, office on the PE corridor. We have a limited number of places available, and these will be allocated on a first come first served basis.

We are due to leave school at 10.05am after lesson 1, and will return to school by the end of lesson 4, pupils will have access to the canteen at break 2 and attend lesson 5 as normal. Please can all pupils attending bring with them a drink of water, a fruit snack, and appropriate sports clothing/ P.E. kit to change into for when we are at the sports centre. If you have any questions please feel free to contact the school on 01646 690021.

Yours sincerely,

Ms G Baker
School Community Engagement Officer

C Butland
AYP Officer

Headteacher
Prifathro

Ms C A Morris

Associate Headteacher
Pennaeth Cysylltiol

Mr D John

Assistant Headteachers
Penaethiaid Cynorthwyol

Mrs E Kedward

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