

Autumn 2021/Hydref 2021



Enrich

Excite

Engage

Enjoy

Excel

Milford Haven School
Ysgol Gyfun Aberdaugleddau



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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.

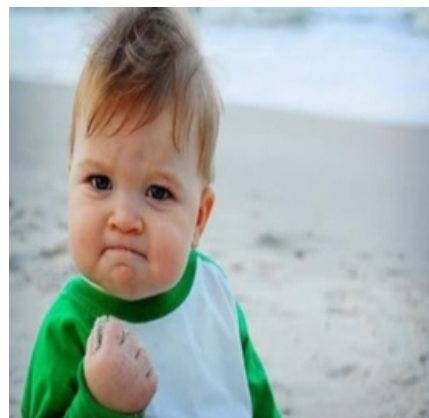
Enrichment gives you a wide range of skills that employers and universities will be impressed with.

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!!”**



Autumn 2021/Hydref 2021

Break 1 KS3	10.40-11.10am	Break 1 KS4	11.10 - 11.40am
Break 2 KS3	1.10 - 1.40pm	Break 2 KS4	1.40 - 2.10pm

AUTUMN TERM 2021/22 TYMOR YR HYDREF

MONDAY ENRICHMENT CYFOETHOGI DYDD LLUN				
ACTIVITY GWEITHGAREDD	YEAR BLWYDDYN	STAFF STAFF	TIME AMSER	VENUE LLEOLIAD
BREAK 1/EGWYL1				
Hockey	Years 10&11 WEEKS 1&2	LG	11.10-11:40	ASTRO
Netball	Year 9 WEEKS 1&2	PS	11:10-11:40	Sports Hall
Football	Year 11 WEEKS 1&2	JML	11:10-11:40	ASTRO
Rugby	Year 9 WEEKS 1&2	ME	11:10-11:40	Field
AFTER SCHOOL/ AR ÔL YR YSGOL				
MHS DigiMag	All years	BB	3.20pm to 4.20pm	L7
GCSE Drama	Year 11	PM/BM	3.20pm to 4.20pm	G3
Maths Revision	Year 11	JJ	3.20pm to 4.20pm	M6
Football	Year 9 & 10	ME & CB	3.15-4.00	ASTRO
Independent Study	Years 9-11	SS/EW	3.15-4.20	Aspire Suite

Transport is available via the EXCEL bus on Monday, Wednesday and Thursday from the Thornton Road car park @4.30pm. On Tuesday this will leave school at 5.00pm

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Break 1 KS3	10.40-11.10am	Break 1 KS4	11.10 - 11.40am
Break 2 KS3	1.10 - 1.40pm	Break 2 KS4	1.40 - 2.10pm

TUESDAY ENRICHMENT CYFOETHOGI DYDD MAWRTH				
ACTIVITY GWEITHGAREDD	YEAR BLWYDDYN	STAFF STAFF	TIME AMSER	VENUE LLEOLIAD
BREAK 1/EGWYL1				
Hockey	Years 9 WEEK 1	LG	11.10-11:40	ASTRO
Netball	Year 10&11 WEEK 1	PS	11:10-11:40	Sports Hall
Rugby	Year 10&11 WEEK 1	ME & JML	11:10-11:40	ASTRO
Hockey	Year 8 WEEK 2	LG	10:40-11:10	ASTRO
Netball	Year 7 WEEK 2	PS	10:40-11:10	SPORTS HALL
Football	Year 8 WEEK 2	ME	10:40-11:10	ASTRO
Rugby	Year 7 WEEK 2	CB	10:40-11:10	Field
BREAK 2/ EGWYL 2				
Ukulele Group	7 and 8	SJ	1.10-1.40 Week 1 only	G4
Clwb Cymraeg	Pawb	KK	1.35 - 2.00	L3
AFTER SCHOOL/ AR ÔL YR YSGOL				
Independent Study	Years 9-11	SS/EW	3.15-4.20	Aspire Suite
Drama Club	Years 7-11	GS	3:10-5:00	G3 - Drama Studio

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WEDNESDAY ENRICHMENT CYFOETHOGI DYDD MERCHER				
ACTIVITY GWEITHGAREDD	YEAR BLWYDDYN	STAFF STAFF	TIME AMSER	VENUE LLEOLIAD
BREAK 1/EGWYL1				
BREAK 2/ EGWYL 2				
AFTER SCHOOL/ AR ÔL YR YSGOL				
The Adventurer's Guild	Year 9	PM	3.20pm to 4.20pm	S8
Maths Revision	Year 11	EK	3.20pm to 4.20pm	M2
Independent Study	Years 9-11	SS/EW	3.15-4.20	Aspire Suite
Music GCSE		GSS	3.15-4.15	G4
School Fixtures				

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Break 2 KS3	1.10 - 1.40pm	Break 2 KS4	1.40 - 2.10pm

THURSDAY ENRICHMENT CYFOETHOGI DYDD IAU				
ACTIVITY GWEITHGAREDD	YEAR BLWYDDYN	STAFF STAFF	TIME AMSER	VENUE LLEOLIAD
BREAK 1/EGWYL1				
Hockey	Year 7 WEEK 1	LG	10:40-11:10	ASTRO
Netball	Year 8 WEEK 1	PS	10:40-11:10	Sports Hall
Football	Year 7 WEEK 1	CB	10:40-11:10	ASTRO
Rugby	Year 8 WEEK 1	ME	10:40-11:10	Field
Hockey	Year 9 WEEK 2	LG	11:10-11:40	ASTRO
Netball	Year 10&11 WEEK 2	PS	11:10-11:40	Sports Hall
Rugby	Years 10&11	ME & JML	11:10-11:40	Field
BREAK 2/ EGWYL 2				
Pop choir	Year 7 and 8	SJ	1.10-1.40	G4
AFTER SCHOOL/ AR ÔL YR YSGOL				
School Fixtures				
Independent Study	Years 9-11	SS/EW	3.15-4.20	Aspire Suite

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FRIDAY ENRICHMENT CYFOETHOGI DYDD GWENER				
ACTIVITY GWEITHGAREDD	YEAR BLWYDDYN	STAFF STAFF	TIME AMSER	VENUE LLEOLIAD
BREAK 1/EGWYL1				
Piano Group	7 & 8	SJ & MM (peri)	10.15-10.45 WEEK 1	G4
WELLBEING FRIDAYS 1.40-3.10pm				
AFTER SCHOOL/ AR ÔL YR YSGOL				
Fun Five a Side football An opportunity to practise your skills, have fun and get fit!	7 - 10	Week 1 Miss V Planner Week 2 Mr S Franklin	2:00 - 3:00	Astro Sports Hall
Badminton An opportunity to practise your skills, have fun and get fit!	7 - 10	Week 1 Mr S Williams Mrs A Sanderson Week 2 Miss M Griffiths Mr D Williams	2:00-3:00	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	Week 1 Mrs Walter-Jones Mrs K Bowers Week 2 Mrs Taylor Ms Spriggs	2:00-3:00	Library
Debating society	7 - 10	Week 2 Mr Heffernan	2:00-3:00	Library
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	Week 1 Ms Dimond Mrs Morrel Week 2 Mrs Thomas Mrs Conway	2:00-3:00	Hafan
RIKA- this is an extremely popular exercise class that uses rebounders/ mini trampolines to build strength, stamina and overall fitness. Here at MHS we want to make being active fun, there is a huge demand for these sessions and we are the only venue in Milford town delivering this kind of class, so sign up now to take part!	7 - 10	RIKA teacher	1.30-2.30pm	Gym



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Wellbeing An opportunity to learn about healthy body image, hair and beauty	7 - 10	Week 1 Mrs Stevenson, Ms Dunbar Mrs K Bowers Week2 Miss Spriggs Jess Taylor Mrs K Davidson	2:00-3:00	Alternative Curriculum room
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The above activities need to be signed up for by your parents/carers, as this is an additional service we are offering as a school. Miss Reynolds has shared a Google Form to allow you to enjoy these activities on a Friday afternoon.

No bus is available on Friday.

