

Autumn 2023/Hydref 2023



**Enrich**

**Excite**

**Engage**

**Enjoy**

**Excel**

**Milford Haven School**  
Ysgol Gyfun Aberdaugleddau



**Autumn 2023/Hydref 2023**

# 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.**

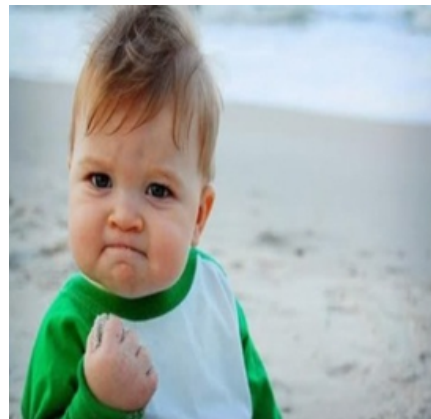
Enrichment gives you a wide range of skills that employers and universities will be impressed with.

**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 2023/Hydref 2023

Break 1  
11.25 - 11.55am

Break 2  
1.45 - 2.15pm

## AUTUMN TERM 2023/24 TYMOR YR HYDREF

MONDAY ENRICHMENT CYFOETHOGI DYDD LLUN				
ACTIVITY GWEITHGAREDD	YEAR BLWYDDYN	STAFF STAFF	TIME AMSER	VENUE LLEOLIAD
<b>BREAK 1/EGWYL1</b>				
Boys Football	Year 7-9	JML	11:25-11:55	AstroTurf
Language Mentor Scheme	Year 8	RLA	11.25-11.55	L14
GCSE Physics drop in	Year 11 week 1 Year 10 week 2	EH	11.25-11.50	S3
<b>Break 2/ EGWYL 2</b>				
Hockey		LG	13:45 - 14:15	ASTRO
Netball	Year 9+	PS	13:45 - 14:15	Sports Hall
Adventurer's Guild - 'Magic: The Gathering' Trading Card Game.	All Years	JF & PJM	13:45 - 14:15	
<b>AFTER SCHOOL/ AR ÔL YR YSGOL</b>				
MHS DigiMag	All years	BB	3.20pm to 4.20pm	LLC Workroom
Hockey		LG	3:20 to 4:20	ASTRO
Netball	Year 7&8	PS	3.20 to 4pm	Sports Hall
School Band	Years 7-11	GSS/SJ	3.10-4.00	Steynton Hall
Boys Football	Year 10&11	ME & CB	3.20-4.00	Rugby Field
EXCEL-Independent Study	Years 7-11	JS	3.10-4.20	Library
Adventurer's Guild - Tabletop Gaming	All years	PJM	3.20 - 4.30	H12
Maths Support Sessions	Years 7 & 8	ASanderson	3.15pm - 4.15pm	MO



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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
<b>BREAK 1/EGWYL 1</b>				
Football	Year 7 and 8	LG, PS, EC	11.25-11:55	ASTRO
Cheerleading	all years	AYP	11.25-11.55	School Gym
<b>BREAK 2/ EGWYL 2</b>				
Fitness Room	Year 7 - 11	AYP	13:45 - 14:15	Fitness Room
Ukulele Group/piano club	7-11	SJ	13:45 - 14:15	G4
Boys Football	Year 7	ME	13:45 - 14:15	AstroTurf
Clwb Cymraeg	Pawb / All	KK	13:45 - 14:15	Neuadd Steynton
<b>AFTER SCHOOL/ AR ÔL YR YSGOL</b>				
Gymnastics	all years	AYP	3.15-4.00	School Gym
Maths Support Sessions	Years 7 & 8	ASanderson	3.15pm - 4.15pm	MO
EXCEL- Independent Study	Years 7-11	JS	3.10-4.20	Library



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1.45 - 2.15pm

## WEDNESDAY ENRICHMENT CYFOETHOGI DYDD MERCHER

ACTIVITY GWEITHGAREDD	YEAR BLWYDDYN	STAFF STAFF	TIME AMSER	VENUE LLEOLIAD
<b>BREAK 1/EGWYL1</b>				
Girls Football	Year 9/10	LG/EC/PS	11:25 - 11:55	AstroTurf
Basketball	all years	AYP	11.25-11.55	School Gym
<b>BREAK 2/ EGWYL 2</b>				
Bay DofE Boccia	Bay	EC	13.45 - 14:15	G8
Boccia	all years	AYP	13.45-14.15	School Gym
Fitness Room	Year 9 - 11	JML	13.45 - 14:15	Fitness Room
Chess Club	All (limited numbers)	CEP	13.45 - 14:15	H11
Digital Leaders	All	JF	13:45 - 14:15	S8
Adventurer's Guild Companion - D&D Character building and model painting.	All Years	PJM	13.45 - 14.15	H12
<b>AFTER SCHOOL/ AR ÔL YR YSGOL</b>				
The Adventurer's Guild - D&D	All Years	PJM	3.15pm to 4.30pm	H12
Boys Football (When there are no fixtures).	Year 9 - 11	CB	3:15pm - 4:15pm	AstroTurf
EXCEL- Independent Study	Years 7-11	JS	3.10-4.20	Library
Drama Club	Years 7-11	SJ & BM	3:10-4.30	Steynton Hall
Maths Support Sessions	Years 9, 10 & 11	ASanderson	3.15pm - 4.15pm	MO
Boys Rugby	Year 7 and 8	TMC & MR	3:15pm-4:15pm	Field
<b>School Fixtures</b>				



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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
<b>BREAK 1/EGWYL1</b>				
Lyrical Dance	All Years	LG	11:25 - 11:50	Gym
Hockey	Year 9+	LG	11:25 - 11:50	ASTRO
<b>BREAK 2/ EGWYL 2</b>				
Pop choir	Year 7-11	SJ	13:45 - 14:15	G4
Football	Year 9/10/11Football	CB	13:45 - 14:15	Astro
Street Dance	All Years	LG	13:45 - 14:15	Gym
History Buffs	Year 7-11	VJ	13.45-14.10	H3
<b>AFTER SCHOOL/ AR ÔL YR YSGOL</b>				
<b>School Fixtures</b>				
EXCEL- Independent Study	Years 7-11	JS	3.10-4.20	Library
Maths Support Sessions	Years 9, 10 & 11	ASanderson	3.15pm - 4.15pm	MO
Adventurer's Guild - "Magic: The Gathering" Trading Card Game	All Years	JF	3.20 - 4.30 pm	H12



# Autumn 2023/Hydref 2023

Break 1 10.55 - 11.25am
Break 2 1.15 - 1.35pm

FRIDAY ENRICHMENT CYFOETHOGI DYDD GWENER				
ACTIVITY GWEITHGAREDD	YEAR BLWYDDYN	STAFF STAFF	TIME AMSER	VENUE LLEOLIAD
<b>BREAK 1/EGWYL1</b>				
MHS Coders	Years 7 - 9	AP	10.55 - 11.25	H10
Boys Football	Year 10	ME	10.55-11.25	AstroTurf
Duke of Edinburgh	Year 10	MR	10.55 - 11.25	H12
<b>AFTER SCHOOL/ AR ÔL YR YSGOL</b>				
EXCEL- Independent Study	Years 7-11	JS	1.30- 2.50pm	Library
Adventurer's Guild - free play & events	All years	PJM	13:15 - 3.00 pm Week 1 Only	H12

## WELLBEING FRIDAYS - GWENER GWELLHAD

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	<a href="#">Week 1</a> Mr Charlesworth Miss Beer <a href="#">Week 2</a> Miss Youell Mrs O'Leary	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	<a href="#">Week 1</a> Mrs Walter Jones Mrs Sanders Swales  <a href="#">Week 2</a> Mrs Taylor Miss Davies	2:00-3:00	Library

## Autumn 2023/Hydrif 2023

<p>Art Workshop</p> <p>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!</p>	<p>7 - 10</p>	<p><a href="#">Week 1</a> Mrs Thomas Mrs Conway</p> <p><a href="#">Week 2</a> Mrs Littlehales Mrs Morrel Ms Spriggs</p>	<p>2:00-3:00</p>	<p>Art</p>
<p>Young Carers</p>	<p>Young Carers</p>	<p><a href="#">Week 1 &amp; 2</a> Mrs Sanderson Mrs A Griffiths</p>		<p>Hall</p>

**Registration link :** <https://forms.gle/hpwHgN3zBkZpobju7>

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 Berry/Miss Reynolds. 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 3:00 p.m.

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. **No bus is available on Friday.**