



Nobel

Excellence in Everything

From the Headteacher

Dear parents and carers,

There is something paradoxical about our approach to healthy lifestyles. Let me explain. On the one hand, I don't think there is a person in the country that isn't aware of what is 'good' for them and what is 'bad'. Indeed, my twin daughters are in a reception class and are quite capable of telling me that chips are 'bad' and that broccoli is 'good'. On the other hand, and this is the contradictory bit, childhood obesity and diabetes have never been more prevalent amongst young people and we are told that this will only get worse. So the paradox is: if we know what is bad for us, why do we continue with our 'unhealthy lifestyles'?

What can we do? How as parents and as a school can we help? It is really frustrating because we know the problem and we know the solution but it would appear that we ignore what we know is 'good' for us. Clearly, this is a massive challenge for the country but I think at Nobel we can help our students to develop an appreciation of all food and, in partnership with home, we stress that there aren't 'bad' foods and that the secret is much more simple – eat a balanced diet and don't eat too much.

I think this is where we can really help. Our canteen offers outstanding value for money, especially if students opt to buy the 'main' meal – I eat in the dining hall on most days, as do many other staff. At £1.65 the main meal is not that much more expensive than a sandwich or a baguette, yet far more nutritious. For example, today I ate poached salmon with boiled potatoes, green beans and a tarragon sauce; all for £1.65! Another exciting aspect of the lunch offer is the 'theme days' and last Wednesday, Darren, our chef, produced fantastic Mexican food (we have included some photos). Having spent some time in the kitchen with Darren I can tell you that none of his food is processed and it is all fresh and

locally sourced. We are very lucky to have Darren and his team and they would love to serve far more 'main' meals and far fewer 'grab-and-go' items.

So, in my opinion, we make 'healthy eating' too tough – if we encourage our students to eat breakfast, lunch and dinner, avoid too many snacks and try to balance our diet by eating sensible quantities of chips and broccoli, we can avoid the idea that something is either 'good' or 'bad'. As with everything else, we need to 'educate' our young people to make sensible decisions on their own.

Warm regards

Martyn Henson



Year 10 news...

It is hard to believe we are already into our final term of year 10 and it seems like only yesterday I was delivering the first assembly on the expectations and aspirations of Key Stage 4 in September. I am delighted to say that the cohort continue to rise to the challenge as the learning atmosphere in lessons still proves to be excellent along with more and more students taking opportunities to be involved in extra curricular activities, competitions, clubs and trips.

During the first week of the Easter holidays the Nobel PE staff took a group of 78 students to Italy on rugby and netball tour. I was so pleased with the number of year 10 students who attended the trip as they represented the school impeccably both on and off the pitch. The girls' rugby team was exceptional in their fixtures as they beat the Cus Milano school team 5 tries to 4 in a tough and physical fixture. However, I felt the girls played their best rugby as they then played the Cus Milano Rugby Club, including an Italian under-18 international and a significant number of county players. Even though the girls lost 7 – 4, they did not give up, displayed some excellent courage in defence against a much larger Italian side, using some speed and guile to score some excellent team tries. A real team effort and willingness to play for each other.



The year 10 boys were also exceptional with big names such as Ollie Cashmore and Nick Murray competing well as they lost 41 – 31 to a very experienced Italian club side in Verona. At one point the boys came back to 31 – 31 and I was really proud of all the year 10 boys as they were playing students from the year above and competed fantastically. Huge thanks to Miss Palombo for organising such a fantastic trip

and experience through competitive sport and seen something of a different country with new friends. The Italian hospitality was also fantastic and our students enjoyed the social side with the Italians afterwards. This is such a big part of sport.

Kick off in Verona



Huge congratulations to Daniela Capatina from 10M LSE on her competition winning 90th birthday card for the Queen. Daniela was the outright winner in Stevenage and was a V.I.P guest at the 'Beacon Light' ceremony on Thursday 21 April. We are very proud of Daniela who is a talented yet humble student. Daniela's design was on the front of all the programmes and she was delighted to meet, and receive a presentation from, the Mayor. To top things off, it was great to see more of our year 10 students at the ceremony as Tom Parks, James Priest, Billy Bedford, Chris Twomey and Ryan Nash all paraded for the cadets at the ceremony. Well done everyone.

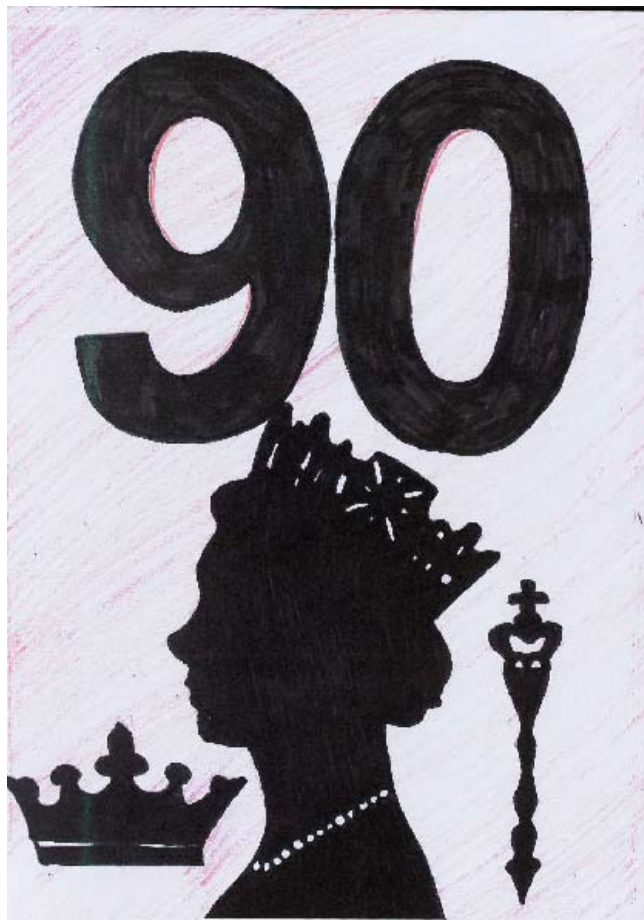


Year 10 news...



It is important to appreciate all the opportunities given and to take as many of them as you can. With this in mind, a real focus on gathering information, being self aware as learners and recognising our potential in year 10 in order to push and progress as far as we can in time for GCSE examinations is so important. As we've seen, the time is going quickly. Hard work, strong character, an open mind and successful GCSE results where students have done their best will allow for many further opportunities in the future where these experiences could be almost limitless. Let's have a big finish to this academic year and see what we can achieve.

Mr Spence
Head of Year 10



Congratulations to Daniela Capatina year 10 whose card will be sent to the Queen to celebrate her 90th Birthday. The art department entered a collection of card designs for the competition run by the Mayor of Stevenage. Daniela was delighted with the news, and she and her family were invited to Stevenage Borough Council's VIP event with the Mayor where the other entries were also on view.

The Art Department

School uniform

Please be advised, the last weekly delivery for school uniform into school will be the week commencing Monday 11 July 2016. Uniform will need to be ordered online by **Tuesday 12 July 2016** to ensure delivery into school before we break up on the 20 July 2016. Delivery into school will start up again in the week commencing 5 September 2016.

If you wish to order school uniform for delivery to home please ensure you order by Friday 5 August 2016 to guarantee delivery before the start of the Autumn Term.

Mrs C Crawley
School Business Manager

The Queen's 90th birthday

On 21 April 2016, Queen Elizabeth II's birthday was celebrated in the town centre. The Air Cadets, Army Cadets and Sea Cadets were all present to watch a beacon being lit in celebration for the day. The evening started off with the Sea Cadet Band playing a piece of music. Then, a speech was given on behalf of Prince Charles saying how touched Her Majesty was by the gesture of beacons being lit all over the country for her 90th birthday.



Photos: With permission from the Commanding Officer- Stevenage Air Cadets



The National Anthem was played and Happy Birthday was also sung to Her Majesty the Queen. After that, the Sea Cadets played yet another piece of music to entertain the viewers. The evening finished with the Cadets going to Ingelheim Lounge to have a tea party in celebration of the day. The Mayor and Youth Mayors were also there. I think that it was a wonderful day. We all enjoyed it very much.

By Roshni Dholakia (9E SWE)

I have been in the Sea Cadets for 5 weeks. I am thoroughly enjoying it and have been learning about Seamanship, how to tie knots and drills (marching). As part of the Sea Cadets I felt honoured to show off at the Queen's birthday celebrations. It was great fun, the band was amazing and the effort people put in was outstanding.

By Ronnie-Jay Switters (8E PWE)



Photos: With permission from the Commanding Officer- Stevenage Sea Cadets



Year 12 leading the way

Award winners

Congratulations to the following students for all of their hard work this term.

Emma Bull - 100% Attendance
Abigail Schofield-Basham and Alex Terrett - Outstanding contribution to volunteering
Jamie Younger and Luke Taylor - Year 12 Notable display of Nobel Ethos
Samantha Lake - Year 12 Outstanding Progress



Sports tour

A very big special thank you to Luke Taylor (L J), George Turvey and Evan Rwezaura for coming on the recent sports tour to Italy. They were exceptional examples of leaders towards the younger students, supporting and helping them with their rugby games. They also helped the students who were from home for the first time and especially organising the equipment every day for all the games for both rugby and netball.



Sport Relief run

Congratulations to the 6th form students who ran for Sports Relief. They have raised lots of money for charity but also led by example for the younger years of the school.



Year 12 leading the way cont...

University Challenge

Congratulations to James Marshall, Arun Dhaliwal, Will Hicks and Jaden Navjee for making it through to the final round of University Challenge. You were a real credit to Year 12.



Spelling bee

Congratulations to Nwente-Walter Osedeme for making it through to the final of the spelling bee. He showed the younger years that he had commitment, motivation and dedicated to do well in the competition. A true inspiration to the rest of Nobel School. The 6th form team are very proud of you.



Sixth Form Reading Leaders

As part of Nobel's Sixth Form enrichment programme, eighteen Year 12 students spent a day being trained by a visiting tutor from *Reading Matters* to become reading leaders. *Reading Matters* is a programme which uses young adults as positive role models to inspire younger students who may be struggling with their reading, giving them training in a range of strategies to use with their partner to increase their confidence and enjoyment of reading.

As part of Nobel's commitment to working with our local community we invited Year 5 pupils

from Lodge Farm Primary school into Nobel weekly over a period of eight weeks to partner and work with a Sixth form student. Everyone had fun working together while improving the reading skills of the primary pupils. The sixth formers will also obtain a nationally recognised accreditation on successful completion of the programme.

Both the older and younger students really enjoyed the experience and built up great partnerships. This is the fourth year that the reading leaders programme has run at Nobel and it always proves to be successful and rewarding. We look forward to doing it all over again next year.



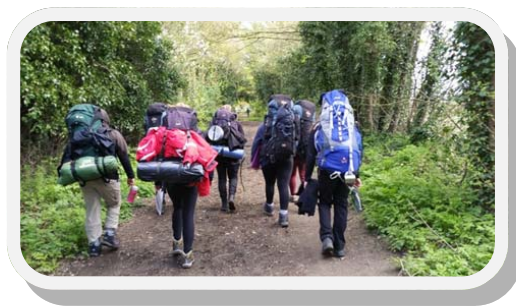
Duke of Edinburgh News – Practice Weekend

Over the weekend of 23 and 24 April, 30 Year 10 students completed their practice for the expedition section of their DofE award. This required the students to be fully self-sufficient for the entire weekend, carrying any equipment they may need on their backs.

Groups had to walk and navigate for a minimum of 6 hours each day, on average covering 30km. All students camped at Henlow Bridge Lakes. Once there students had to completely look after themselves, including putting tents up and cooking their food. In the evening, there was a chance for a 'camp fire' where students enjoyed sharing stories of their adventures during the day.

All of the students were fantastic, showing great maturity and independence. They were a credit to themselves and the school. I was particularly impressed with the resilience many of the groups showed throughout the weekend, in particular one group who picked up a habit of taking detours but kept driving on and eventually got through it together as a team. Thank you to all the participants, the staff that volunteered and the supportive parents.

Mr Malam
DofE Coordinator



Dates for the diary:

2 May - Bank Holiday school closed

9 and 10 May - Year 7 RE Visit

A colleague writes

My Invisible Illness

Monday 12 May is ME. Awareness Day. This is a condition I have had for over 10 years since I became ill during my A levels. For those of you that don't know, Myalgic Encephalomyelitis (ME) is a chronic, debilitating condition. Chronic fatigue and post exertional malaise are the defining factors but there are wide ranges of other symptoms that vary from person to person.

I have gone from being completely bed bound to being able to perform a number of part time roles, including cover supervisor and invigilator here at Nobel, who have been very supportive of my condition. I liken it to the feeling you have when you are getting better from the flu but not yet running on 100%. I still have to limit myself and need a midday sleep of at least two hours to function.

Why is this important to you? Well, statistically at least a couple of people in the school will be affected by ME at some point in their lives, so I wanted to raise awareness of the condition. I also think that around school, and throughout life, it is worth bearing in mind that the people you come into contact with aren't necessarily as healthy as they appear. They may have all sorts of issues or things going on in their lives that you are unaware of. My illness has also made me appreciate the smaller things, things that you can often take for granted. It sounds a bit cheesy but I try and find positives wherever I can!

Sudoku

Instructions

- Place 1 - 9 once in each row
- Place 1 - 9 once in each column
- Place 1 - 9 once in each 3x3 box
- Complete the 'sum cages' such that the total of the numbers in each cage is the number stated at the start of that cage
- You are not allowed to repeat any numbers within any sum cage

Friends of Nobel School 100 Club Winners for April

Number	Name	Prize
57	Jim McGuigan	£33
75	Jim Dance	£26

Logic puzzle

Read the little poem and answer its question if you can.

The number of girls who do wear a watch is double the number who don't.
But the number of boys who do not wear a watch is double the number who do.

If I tell you the number of girls in my class is double the number of boys, can you tell me the number I teach?

Here's a clue:
More than 20; below 32!

Solution page 10

Daily No. 3677

Easy

7	17	6		17		9	10	
		22	13		7		9	
12				4		8		14
	7				11		30	
11		4		16				
9	13		22	6	9			7
	12				7	15		
8			15			14	4	
		17		7			6	

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Prom payment

Students and teachers who are attending the Year 13 Prom on the 1 July are reminded that the final ticket price is £35 and this should be handed into Miss Bick in the Sixth Form office by no later than Tuesday 3 May. This ticket includes the two-course buffet meal and use of the photo-booth. If you would like to attend but do not wish to eat, a reduced price of £20 can be paid instead.

Leavers' assembly

The Year 13 Leavers' assembly will be taking place on the 27 May. While we would like everybody to dress a bit more smartly than usual for the occasion, you will not have to wear a suit or dress unless you would like to. Thank you to everyone who has sent in their pictures for the assembly. We hope that on the day, these pictures will be able to remind everybody of all the great times we have all had during our time at Nobel.

University Challenge

The final of the Nobel University Challenge was held on the 20th April between forms 12C JPO and 13C JMT. The teams were asked thirty incredibly difficult questions and given two lifelines each to ask members of the audience. These questions tested teams on their knowledge on subjects such as Latin animal names; Einstein's theories; rivers across the world; and even Eddie Izzard. Unsurprisingly as a result of these difficult questions, both lifelines of 13C JMT were used. Surprisingly however, both times they asked a very enthusiastic member of the audience, Lewis Stanley, who was rightfully declared the most knowledgeable member of the audience after getting both answers correct.

In the end, form 13C JMT managed to beat 12C JPO by 3 points, winning Nobel University Challenge for Year 13. We would like to thank Mr Freeman, Dylan Butterfield, Ben Gray, Harpreet Pannu, and Ryan Shaw-Hawkins for writing the questions, Ms Cox for being our quizmaster as well as congratulate the 13C JMT team: Samantha Archer, Joseph Barnes, Lewis Day, and Michael Tsang (myself) for the victory.

Written by Michael Tsang

The Senior Student Team 2015-16			
CORE		EVENTS	
Head Girl: Ellie Ward	Head Boy: Bobby Banks	Phoebe Kettle-Linsell	Harry Bean
D. Head Girl: Hannah Hardie	D. Head Boy: Joseph Barnes	Katy Knight	Olufunlola Oluwole
HATL: Lauren Hayllar		Bret Facey	
COMMUNITIES		PROJECT MANAGEMENT & ORGANISATION	
Sam Archer	Ryan Shaw-Hawkins	Dylan Butterfield	Michael Tsang
Bethany Hobbs	Ben Gray	Ben Smith	
Gemma Vadolia	Harpreet Pannu		
SeniorStudentTeam@nobel.herts.sch.uk			

Year 9 Celebrates

On 30 March, 22 year 9 students, who are making outstanding progress in their studies, were invited to celebrate their success by taking breakfast with the headteacher. Parents, guardians and younger brothers and sisters were also invited to celebrate with us. Not only are these students working hard in their lessons, they are also rewarded for excellent behaviour, attendance and attitude to learning.

Amy Allinson
Leilani Baker
Jessica Bland
Mark Brettell
Semba Bwalya
Ben Chapman
Poppy Coates
Rachel Crabbe
Josh Estole
Jade Headley
Sophie Lambert



Eloise Males
Maja Matthews
Hitaishree Modi
Thomas Newman
Isaac Norman
Jack Petley
Hannah Pye
Matthew Robinson
Louise Sollis
Sophie White
Elodie Woolhouse

Puzzle solution

Daily No. 3677

Easy

7 6	17 5	6 4	2 2	17 9	8 8	9 1	10 3	7 7
1 1	9 9	22 2	13 6	7 7	3 3	8 8	9 5	4 4
12 8	3 3	7 7	5 5	4 1	4 4	8 6	2 2	14 9
4 4	7 6	1 1	8 8	3 3	11 9	2 2	30 7	5 5
11 9	2 2	4 3	1 1	16 5	7 7	4 4	6 6	8 8
9 7	13 8	5 5	22 4	6 2	9 6	3 3	9 9	7 1
2 2	12 1	9 9	3 3	4 4	7 5	15 7	8 8	6 6
8 5	4 4	6 6	15 7	8 8	2 2	14 9	4 1	3 3
3 3	7 7	17 8	9 9	7 6	1 1	5 5	6 4	2 2

ANSWER:
27

Solution:

The number of boys must be a multiple of 3 (3, 6, 9...) so that it can be split in the ratio of 2:1 (no watch:watch).

The number of girls is double the no. of boys (6, 12, 18...)

So the totals can only be 9, 18, 27...

Library news

A selection of new books recently added to the library

A dystopian series for fans of *The Hunger Games*

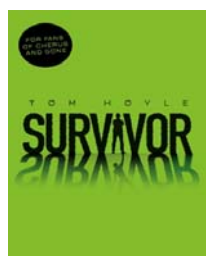


Beauty guaranteed-but at what price? In Tally's world, at sixteen you are transformed from a repellent Ugly into a stunningly attractive Pretty, and catapulted into a high-tech paradise where your only job is to have a great time. But Tally is tired of it. And the choices she makes changes her world forever. First as an Ugly, then a Pretty, and finally a Special, Tally takes down the social infrastructure. And then, a generation later, a world obsessed with fame and instant celebrity - and filled with extras - will reap the consequences.

Hetty Feather has begun a new chapter in her life story. Escaping from Tanglefield's Travelling Circus with her dearest friend Diamond, Hetty is determined to find them positions as glamorous music hall artistes.



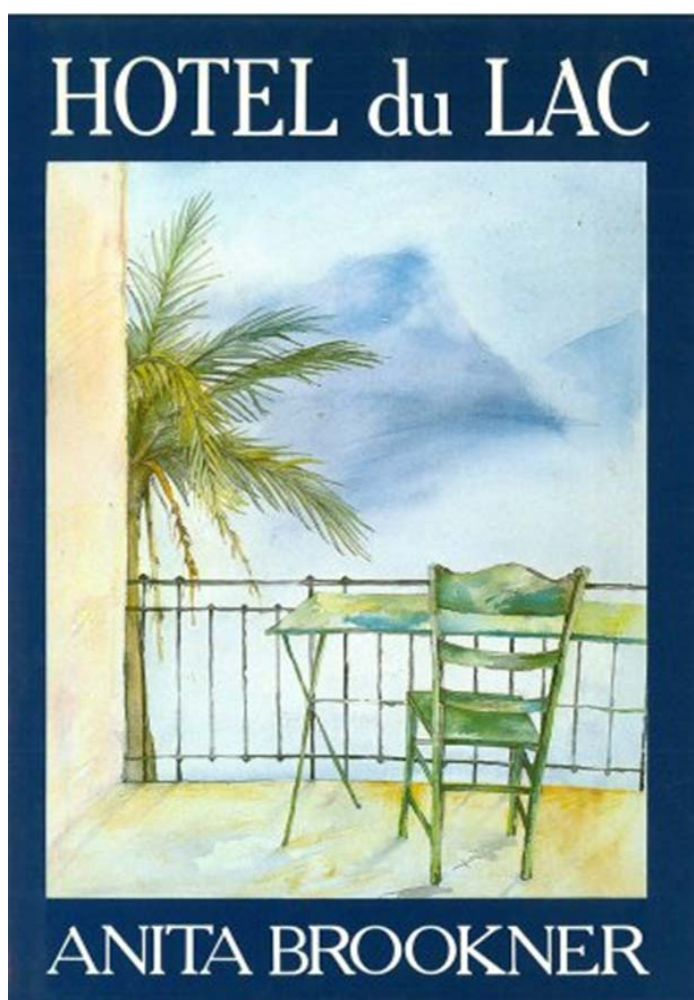
Hetty dreams of a glittering future for herself and Diamond. The bright lights of the London theatre world beckon – will Hetty become a true star?



One mysterious death on the Ultimate Bushcraft adventure holiday is tragic, but a second, then a third is suspicious . . . But who can you trust when everyone around you is a suspect? As numbers dwindle, the chances of survival plummet. Staying alive has never seemed so guilty. Nobody is safe . For fans of the *Cherub* series by Robert Muchamore and the *Gone* series by Michael Grant

NOBEL SCHOOL PARENTS, STAFF AND COMMUNITY BOOK GROUP

Next meeting will be held in the Library 6.30pm
Tuesday 07 June
THE BOOK TO READ IS:



Contact: Rosalind Essakhi: 01438 222600 or email:

library@nobel.herts.sch.uk

Read all or part of the book and come and discuss it in a friendly informal group



Sixth Form Induction

4 & 5 July

- Compulsory for all students who would like to join the sixth form in September
- An opportunity for you to find out more about sixth form life
- Experience taster sessions for the subjects you are interested in studying in September

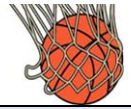


Nobel
Sixth Form





EXTRA-CURRICULAR TIMETABLE



	BEFORE SCHOOL	LUNCH	AFTER SCHOOL
MONDAY		FITNESS- ALL YEARS TABLE TENNIS BADMINTON	BOYS FOOTBALL NETBALL FITNESS NETBALL FIXTURES
TUESDAY		FITNESS-ALL YEARS VOLLEYBALL RUGBY SKILLS	GIRLS FUTSAL
WEDNESDAY	BASKETBALL	FITNESS-ALL YEARS BOCCIA NETBALL SKILLS (SPORTS HALL) TABLE TENNIS	CRICKET STAFF MEETING NETBALL FIXTURES
THURSDAY		FITNESS-ALL YEARS BADMINTON TABLE TENNIS	BOYS FUTSAL RUGBY NETBALL FIXTURES
FRIDAY	INDOOR CRICKET	FITNESS-ALL YEARS BASKETBALL	STAFF SPORTS CRICKET

*The Friends of Nobel School
invite you to put on your cowboy boots for a fabulous*

BARN DANCE

and BBQ supper

Saturday 21st May 2016

7.30 - 11pm, The Nobel School

Tickets £10 per person -

includes first drink from the bar and the following supper:

90g premium smoked Bockwurst sausage and glazed hot dog roll

100% Aberdeen Angus burger (8oz) and Brioche bun + mature cheddar slice

Half corn on the cob, coleslaw, green salad, sauces

Vegetarian alternatives available

Adults only

Licensed Bar

Raffle

✕

Please return to Mrs Lynn Way, The Nobel School, Mobbsbury Way, Stevenage SG2 0HS

I require _____ ticket(s) and enclose £ _____ cash/cheque (cheques payable to Nobel School PA)

If you require any vegetarian meals, please indicate the number here: _____

Name: _____ Child's name/form (if applicable): _____

If you do not have a child at Nobel, please provide postal address and tickets will be posted to you:

If you have any questions please email friends@nobel.herts.sch.uk