

From the Headteacher

Dear Parents and Carers

There was a car accident after school on Monday 16 January involving one of our students. A year 8 boy was hit by a car crossing the road at the junction of Mobbsbury Way and Fairlands Way. Thankfully, the young man is alright and making a full recovery, however, it is a stark reminder to all of us of the dangers of traffic outside schools.

As we rushed to get up to the accident lots of things go through your mind, paramount is that, whatever happened, is the young person going to be alright. The young man's mother had arrived on the scene and police and ambulance services were great. However, this could easily have been a tragedy and we must use this event to remind all our young people about road safety.

Mobbsbury Way is not a main road but, at the start and end of the school day, there is more traffic. This is compounded by the parked cars, sometimes on grass verges, causing obstructions to sightlines and making crossing the road even more dangerous.

Please may I ask you to: firstly, talk to your children about road safety and urge them to use the two pedestrian crossings and, secondly, avoid parking on the road opposite the school.

Finally, I have been informed that photographs and videos of the accident have been sent across social media – I am concerned that anyone would think this was appropriate. Please remember that a young man was injured and how his family will be feeling at this time. If you have those photos or videos, please delete them.

On a very positive note, school has been great since we came back, lots of great lessons and learning.

Take care and stay safe.

Kind regards

Martyn Henson

Duke of Edinburgh Gold Award

Congratulations to the six successful students who completed their Gold expedition at the end of last season, four of whom have already completed their entire Bronze, Silver and Gold Award and are awaiting invitations to one of the palaces in London to receive their Award from a member of the royal family.

Prior to their visit to the palace, we celebrated their success in school with a delicious three course meal to mark the end of their Duke of Edinburgh journey as a student.

Nobel School is so proud of the achievements of our first ever Gold group to complete the Award!

Our first Gold Award holder and Head DofE Prefect has now trained as an Assessor and will support our future Bronze, Silver and Gold students through their expeditions as part of the staff team.

As a school, we are privileged to be able to offer our students so many different opportunities to excel through the Duke of Edinburgh Award scheme.

Miss Lisa Steele

Duke of Edinburgh Co-ordinator



Seated, from left to right: Alicia Scott, Anika Shah, Taya Brent, Jenna Lewan, Benedict Clark and Nathan Gidigbi. Very well done to all of you.

Dates for your diary

Tuesday 24 January - KS5 Information Evening - Y12: 6:00 - 7:00 pm

Tuesday 24 January - KS5 Information Evening - Y13: 7:00 - 8:00 pm

Year 7 Basketball vs Barnwell

Just before the Christmas break, on Thursday 15 December, the Year 7 Basketball team were able to proudly display their new jerseys, representing Toronto Raptors, for their first home basketball game of the season against Barnwell, who travelled to Nobel for a district league fixture.

Right from the start, the team played with flair and creativity and it was clear they had taken confidence from their previous away fixtures in Luton. Due to the number of players, it was important that the team were patient and worked together within different formations. They rose to the challenge and continued communicating well across all four quarters.

Onto the basketball, it was pleasing to see the team listening to tactics using all of the court and pulling their defenders away from the ball handler. This led to space being opened up for players to attack and attempt lay ups and drive at the basket. Game on game, accuracy under the basket is continuing to increase and there is more and more urgency to get to the second ball. Consequently, the team retain a lot of the possession within the game.

The players on the sub bench continued to support their teammates on the court which added to the competitive atmosphere in the hall. On the sound of the final buzzer, the Nobel team finished with a well-deserved and impressive 31-10 victory against their opponents.

A huge well done to all of the students who took part – the PE Department look forward to seeing you play in your upcoming fixtures this year. If you would like to see the upcoming fixtures, please check the noticeboards in the PE Department.



Mr Regan Carolan
PE Teacher

Severe Weather Warning



In the event of severe winter weather, we will attempt to keep the school open wherever possible. If there is serious disruption to travel, we may delay the start of the school day until 9:30 am to give staff sufficient time to get to work.

In either case, we will contact parents by text message and place a notice on the school's website. Please assume that school is open as normal unless you hear otherwise.

Mr Nik Thomas
School Business Manager

7M JDT Reverse Advent Calendar

As the festive period approached, we decided we wanted to help others in our local community by completing a reverse advent calendar.

Each day in December, two form members brought in a food item that would be donated to the local Food Bank to support those most in need over the festive period. Everyone in the form contributed and it was fantastic to see the students eager and passionate to support the wider community. We collected a fantastic amount of donations and dropped them to the Vineyard Food Bank in the final week of last term.

A huge thank you to the parents of the students involved; I am immensely proud of their willingness and generosity.



Mr Jordan Dutt

Form Tutor

Year 8 Junior NBA Basketball vs Ridgeway and St Chis

On Thursday 12 January, the Year 8 Basketball team welcomed Ridgeway and St Chris to Nobel School for round 4 of the Junior NBA Basketball competition. The team were wearing the jerseys of the Boston Celtics, the NBA team they are representing this academic year.

The Junior NBA basketball competition is set up in such a way, which means three schools attend one venue, with three basketball games taking place. The Nobel team had two games in the same night which is incredibly physically demanding. Despite this, the team worked very hard and didn't give up; even in the second game when they had already participated in one game!

Throughout both fixtures the team worked well together, utilising the space in the basketball court and supporting the player on the ball. Playing a half-court defence meant that the team could reset their position and begin defending the opposition when they entered our half of the court. It was pleasing to see the team win both offensive and defensive rebounds in order to regain possession of the ball.

A particular highlight from the game was the way in which the students supported each other right up to the final buzzer. A huge well done to all of the students who took part. If you would like to see the upcoming fixtures, please check the noticeboards in the PE Department.

Mr Regan Carolan

PE Teacher



Library News

We are pleased to announce our forthcoming Scholastic Book Fair, which will be held in the Library from Wednesday 1 until Tuesday 7 February 2023.

Please use this link to browse the leaflet to see a selection of books available:

<https://d3ddkgxe55ca6c.cloudfront.net/assets/t1671465530/a/af/c5/teen-fairs-invite-v4-2166836.pdf>

Book fair gift vouchers can be purchased in advance if you do not want your child to bring money to school
<https://bookfairs.scholastic.co.uk/gift-vouchers>

Alternatively, you can pay securely online <https://bookfairs.scholastic.co.uk/pay>

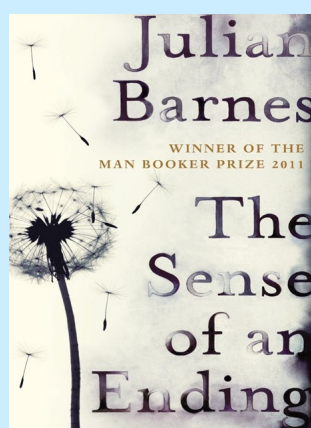
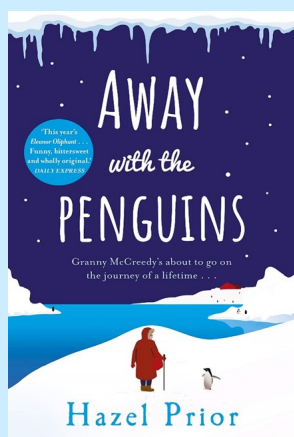
Students who buy a book will be entered into our prize draw to win £25 in books of their choice from the fair.



NOBEL SCHOOL PARENTS, STAFF and COMMUNITY BOOK GROUP

The next meeting will be held in the Library, 6:30pm, on Tuesday 7 March 2023

The books to read are:



Read all or part of the books, and discuss them in a friendly informal group

Contact: Rosalind Essakhi:

01438 222600 or email: library@nobel.herts.sch.uk

Friends of Nobel School (FONS) News

Thank you for your patience and understanding regarding the publication of results of the FONS 100 Club Draw, which fell a little behind schedule during the autumn term. Below is a list of winners for September through December. If you would like more information about the 100 club, please email Jodie Laing at jlaingseattle@gmail.com

September winners

| | | | |
|-----------|---------|-----------|-----|
| 1st prize | A Grant | Number 63 | £24 |
| 2nd prize | E Evans | Number 3 | £16 |

October winners

| | | | |
|-----------|---------|-----------|-----|
| 1st prize | T Walsh | Number 99 | £24 |
| 2nd prize | C Watts | Number 53 | £16 |

November winners

| | | | |
|-----------|------------|-----------|-----|
| 1st prize | T Sandy | Number 41 | £24 |
| 2nd prize | J McGuigan | Number 57 | £16 |

December winners

| | | | |
|-----------|-----------|-----------|-----|
| 1st prize | A Hawke | Number 55 | £24 |
| 2nd prize | J Rodbard | Number 5 | £16 |

The next FONS meeting is on Wednesday 25 January, at 7pm, in the school library. We would love you to join us.

Unclaimed Exam Certificates

Examination certificates from the Summer 2022 series have been available to collect since before the Christmas break.

These are important documents that you may be required to produce at any time in the future so, if you are a student who left us in the summer (at the end of Year 11 or 13) please do make arrangements to call into reception and collect your certificates as soon as possible.

If you are unable to collect them in person, you can nominate a representative to collect them on your behalf. You will need to provide them with written authorisation, signed by you, and naming the individual you are nominating as your agent. We will then retain your written instruction for our records.

Thank you.

How to support your child using GCSEPod



What is GCSEPod?

GCSEPod is an award-winning expert in Subject Knowledge. We provide 3-5 minute bursts of audio-visual, teacher written learning which can help to reinforce and consolidate key GCSE topics covered in lessons.

Experts read and explain everything clearly including all the right facts, quotes, keywords, dates and diagrams on screen.

Tips & Tricks

- **Watch online or offline!** Ask your child to download some Pods to their mobile device, this way they are free expand their knowledge wherever they go.
- **Create Playlists!** Use the My Playlist area to create bespoke playlists on topics that they may find challenging. Having a personalised playlist means your child has fast access to Pods that will help to fill in knowledge gaps.
- **Use Favourites!** Challenge your child to a favourite 10 Pods on topics they find difficult/challenging. Watch the Pods together and use one of our other suggested learning techniques to help simplify what it is they're struggling with.
- **Memory Cards!** Watch the Pods and then together write key facts, dates, diagrams and quotes. Then test their knowledge to see how much they remember.
Top Tip* Turn it into a competition and reward your child for correctly answered questions. If you're stuck on what questions to ask your child then head over to our 'Quiz your Child' document.
- **Support Homework!** GCSEPod isn't just for revision, it's to help expand your child's subject knowledge. If your child is struggling with a piece of homework, you can search for the topic on GCSEPod and use the Pods as an additional resource.

Does your child know they have access to GCSEPod?

If your son or daughter have already activated their account, they simply need to log in with the username and password they've created.

If they've not yet activated their GCSEPod account, simply follow these simple instructions:

1. Go to www.gcsepod.com
2. Click **Login**
3. Click **New Here? Getting Started**
4. Ensure they've selected they are a **Pupil**
5. Enter their personal details as requested
6. Create a Username and Password



GCSEPOD.COM



INFO@GCSEPOD.COM



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Cake Club

At Cake Club this term we are trying something new. Everyone in the team made a note of a basic cookie recipe and we all tried different variations. Unfortunately, Ms Redmond forgot to tell people to add eggs, but most of our bakers added them anyway and it was interesting that the egg-less cookies didn't rise as much and were not crumbly (eggs are used as a binding and raising agent in many recipes).

Mrs Evans split her batch and put half in the fridge to cool for 30 minutes before baking. They looked the same, but the fridge cookies were chewier than the room temperature cookies.

Some people used self-raising flour, and some used plain, the self-raising flour cookies had risen, and the plain flour cookies were flatter, but they were all delicious! Self-raising flour contains sodium bicarbonate as the raising agent so if you only have plain you can add 'baking soda' or 'baking powder' to get a rise.

We also had cookies made with cream cheese and garlic, chilli and chocolate, oat and raisin and some shortbread because, well why not?

Ms Anna Redmond
Head of Chemistry



HELLO, PARENTS & GUARDIANS! WE ARE BEEZEE BODIES, AND WE WORK WITH HERTFORDSHIRE COUNTY COUNCIL TO PROVIDE FREE (AND FUN!) HEALTHY LIFESTYLES SUPPORT FOR FAMILIES.

WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?
GOOD NEWS! WE HAVE NEW GROUPS STARTING NEAR YOU IN JANUARY. CLICK BELOW TO SIGN UP FOR YOUR FAMILY'S FREE PLACE!

CLICK HERE OR SCAN THE QR CODE WITH YOUR SMARTPHONE CAMERA TO SIGN UP FOR YOUR FAMILY'S FREE PLACE

| Monday | Tuesday | Wednesday | Thursday |
|---|--|---|--|
| BOREHAMWOOD Allum Hall W06 3PJ 17:00 - 19:00 | STEVENAGE Barnwell Middle School SG2 9XT 17:30 - 19:00 | HODDESDON St. Cuthbert's Church EN13 8PU 17:30 - 19:30 | HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5JS 17:30 - 19:30 |
| WELWYN GARDEN CITY Ridgeway Academy AL7 2AF 17:00 - 19:00 | WATFORD St Mary's Primary WD18 5SE 17:00 - 19:00 | WALTHAM CROSS Hurst Drive Primary EN8 8DU 17:30 - 19:30 | LETCHEWORTH Jackmans Community Centre SG6 2NL 17:30 - 19:30 |

*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Hertfordshire and include one child who is above their ideal healthy weight.

HAPPY VEGAN-UARY!

The New Year is a great time to switch it up and try something different. Why not give these Crispy Cauliflower Nuggets a go as a healthy alternative to traditional chicken nuggets or turkey dinosaurs- oh, and did we mention they're vegan?!

CRISPY CAULIFLOWER NUGGETS

Ingredients:

- 450g cauliflower florets (one medium head)
- 4 tablespoons vegan mayonnaise (or regular/light mayo- it just won't be vegan then!)
- 60g breadcrumbs
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground paprika
- Salt & pepper to taste
- 2 tablespoon ketchup
- 2 tablespoon vegan mayonnaise
- 1 tablespoon sriracha (optional)

What to do:

1. Preheat oven to 200°C. Line baking sheet with parchment paper or foil and set aside.
2. In a large bowl, toss the cauliflower florets with the mayonnaise until completely coated and set aside.
3. In a small bowl, combine breadcrumbs, onion powder, garlic powder, paprika and mix well.
4. Coat the cauliflower florets in the breadcrumb mixture and place on a baking sheet.
5. Bake for 30 minutes, turning halfway.
6. For the dipping sauce, combine ketchup, mayonnaise and sriracha in a small bowl.
7. Serve with a side of your favourite veggies and enjoy!

TOP TIP
Feel free to swap out the spices for whatever you already have in the cupboard or a different combo you might like!

Staying Safe at Nobel - Screen Time

Know the risks, and what you can do to keep your child safe

Spending time online and on devices can be a positive thing.

But high levels of screen time can put your child more at risk of:

- ◆ Being bullied online
- ◆ Abuse and grooming (when someone builds a relationship with a child to exploit or abuse them)
- ◆ Seeing inappropriate content
- ◆ Not getting enough sleep and exercise

4 steps you can take to protect your child

1) Set parental controls on devices

Use parental controls to restrict access to in-app purchases and explicit or age-rated content, and, on some devices, how long they can spend on the device.

You'll likely need to set a password. Make sure it's different from the password used to access the device, and that your child doesn't know it.

Parental controls are usually located under 'Settings'. See below for more detailed instructions for different devices.

2) Agree rules on screen time

There are mixed views on 'safe' screen time, but you could agree some limits to stop screen time interfering with your child's sleep or family activities:

Make a plan together and stick to it. You could set media-free times and zones, like during meals or in bedrooms

Try to avoid screens an hour before bedtime

Model the behaviour you want to see – which may mean no screen time for you at the times agreed with your child. Children are more likely to learn from example

Try to minimise snacking during screen time

Turn not using screens into a game, using apps like [Forest](#), where not using devices is rewarded

3) Talk to your child about staying safe online, tell them:

To be aware that anyone can pretend to be a child online

If they talk to people they don't know, not to give away personal information – like what street they live on or where they go to school, or to share their location with them. To say no to any requests they get for images or videos, and stop talking to the other person if they are asked for these things

To set their profiles to private, to limit what others can see

To be 'share aware' – think carefully about what they share and with whom. Once it's out there, they've got no control over what the other person does with it. Remember, it's illegal to take, share or view sexual images of under-18s, full stop

If they see something that upsets them, or someone bullies them, to tell an adult they trust

Don't feel confident starting a conversation with your child about what they're up to online? Read this advice from the NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

4) Encourage off-screen activities

Help your child get active for the recommended 60 minutes a day:

See www.nhs.uk/change4life/activities for free ideas for activities and games

Try an app that's designed to get children active – see the examples at www.internetmatters.org/resources/apps-guide/apps-to-help-kids-get-active/

HEY, FAMILIES OF STEVENAGE

JOIN OUR FREE HEALTHY LIFESTYLES COURSES TO MAKE
HEALTHY HABITS TOGETHER, AND HAVE FUN DOING IT!

BARNWELL MIDDLE SCHOOL
TUESDAYS 17:30 – 19:30

For 12 weeks
From Tuesday 17th Jan 2023

To be eligible for a free place, your family must live/go to school/be registered with a GP in Hertfordshire and include one child aged 5-15 who is above their ideal healthy weight.



Healthy eating



Fun activities



To sign up for your family's **FREE** place...

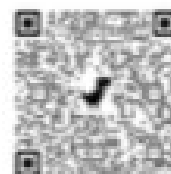


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or scan me with
your smartphone
camera



Family Lives Spring Term Programme



Worried about your child? Join our free online and face to face groups and get support to help your child feel more confident and happier. The groups are for six weeks and delivered via Microsoft Teams or face to face.

Time to Talk about Pre Teens / Teens

Face to Face in Hatfield

Tuesday 21st February to 28th March 2023
from 9.30am to 11.30am

Bringing up Confident SEN Children

Online Wednesday 25th Jan – 8th March 2023
from 7.00pm to 9.00pm

Bringing up Confident ADHD/ASD Children

Online Tuesday 21st Feb – 28th March 2023
from 7.00pm to 9.00pm

Bringing up Confident ADHD/ASD Children

Online Thursday 26th Jan to 9th March 2023
from 7.00pm to 9.00pm

**For more information, contact
Louise on 0204 522 8700/8701 or
email services@familylives.org.uk**

We build better family lives together

www.familylives.org.uk



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