

## From the Headteacher

Dear Parents and Carers

It is not my place to comment about last week's industrial action except to say that we all regret that it has reached this desperate stage. However, I do need to tell you that my colleagues who went on strike last week did not do so with any joy, they see it as a last resort, and their disagreement is not with Nobel, but with other authorities beyond our influence. We really hope that the other dates do not come to fruition and that a compromise can be reached; we all agree that your children need to be in school.

If there is a positive note, it is the large turnout of year 11 students at school last Wednesday. They all worked hard and were a pleasure to be with.

I should also like to take this opportunity to thank all the colleagues who went on the Barcelona trip, ably organised by Ms Delgado and her colleagues in MFL (Modern Foreign Languages). I understand it was a great trip and the students gained much from the experience.

I know, as a veteran of many school journeys, that they are not free holidays, and the responsibility is much greater than when students are sitting in classrooms - it is a 24-hour job. For our students, school journeys are incredibly valuable and memorable, the opportunity to travel to a great city like Barcelona, as young person, is wonderful.

I love this time of the year; daylight extends rapidly as we move towards spring. It will not be long before it is time to start mowing the lawn again, the weather warms up and there are far more smiling faces around school. The month before Christmas is always the most challenging time of the year. As spring approaches, behaviour points fall, and we can all be getting on with teaching fantastic lessons to keen and enthusiastic Nobelians.

Wishing you all an enjoyable and relaxing weekend.

Kind regards

Martyn Henson

## Cambridge University Success

We are extremely proud of all of the students who have put in months of hard work, sat entrance exams and attended interviews towards their Oxford and Cambridge applications this year.

We are especially proud of our five students who have been offered a place to study at the University of Cambridge. Our successful students received congratulations from Mr Henson on Monday 30 January and posed for this celebration photograph – very well done!

Dr Martin Mienczakowski

UCAS Co-ordinator

Student	Course	College
Denni Davies	Natural Sciences	Sidney Sussex
Rhea D'Souza	Natural Sciences	Gonville & Caius
Ben Skidmore	Law	Selwyn
Jake Sutton	Maths	Churchill
Ella Whitworth	Spanish & Italian	Murray Edwards



Back row: Mr Martyn Henson, Headteacher; Dr Martin Mienczakowski, UCAS Co-ordinator; Ms Corrina Reeder, Director of Sixth Form

Front row: Ella Whitworth, Ben Skidmore, Rhea D'Souza, Denni Davies and Jake Sutton



## Language Students Visit Barcelona

On Wednesday 25 January, 49 students and 5 members of staff arrived at Nobel at 5:40am to make our journey to Heathrow Airport. Once we arrived at the airport, we got on our flight to Barcelona, all very excited! To make it to the hostel we used public transport with all our luggage, which we all did with good spirits and a few laughs! After we had unpacked at the hostel, we then went out for an evening stroll through Barcelona taking in some of the beautiful architecture.

The next day we travelled to La Sagrada Familia and had a tour inside the cathedral, which was breath-taking. The architecture inside was incredible, a highlight for us was definitely the beautifully coloured stained glass windows. We then went to have lunch and did some souvenir shopping before heading off to Parc Guell, which gave us some stunning views of Barcelona as it is placed so high up in the city.

These tourist attractions allowed us all to practice our Spanish with the people working there and with locals alike, which we all found very useful and enjoyable. We then headed back to the hostel, had some dinner, and then travelled out again to see a traditional flamenco show, which was amazing. Two students and Mrs Delgado even went up on stage with the dancers!

The next day we all packed up and headed to Las Ramblas for one final activity. We were split into groups, and we took on a quest, which involved questions about the history and geography of Barcelona and then we had to complete a code and go into a bustling market and take a picture of an onion. Some people got very competitive!

After the quest we got on the metro and headed back to the airport, all very tired and sad to be going back to England but grateful for the experience we have gained, as this was the first time many of us had been to Barcelona.

The opportunity this trip gave us to learn about Spanish culture and speak Spanish was amazing and it really threw us in at the deep end in the best way. We want to thank Mrs Delgado for all her efforts in organising the trip, she did an incredible job, and to Mrs Bright, Mr Brown, Mr Goggins and Mrs Rose for giving up their time to take us on this fantastic experience.

Muchas gracias.

The A level Spanish students:  
Amellia Lund 13 GBE  
Jenna Lewan 13 BLK  
Ella Whitworth 13 CML



# North Hertfordshire Schools' Golf Scholarship Programme

A new initiative to get students playing golf was launched earlier this month. Five students from Nobel have become members of Letchworth Golf Club, through a new scholarship scheme.

Each student will receive 26 lessons with a PGA professional which will commence during the first weekend in March. Students will be able to access all of the practice facilities at Letchworth Golf Club as well as the six-hole academy course. Lessons will focus on technique but also with a heavy emphasis on competitive play and general understanding of the game. On Sunday 15 January all of the students and their families were given their membership packs as well as some team kit and also a performance log diary.

The five students taking part in the programme are Jamie Coxall (Year 8), Sofia Turcescu (Year 8), Archie Burton (Year 9), Joshua Adkins (Year 8), Mackenzie Zeelie (Year 8).

In 2021, the North Hertfordshire Schools' Association began outreach work with local schools and provided the necessary equipment so that Physical Education teachers could teach golf within Physical Education lessons.

Students were then invited to take part in a series of friendly competitions on the six-hole academy course at Letchworth. From this point, Physical Education teachers were asked to select students, who showed a real desire to learn, for the scholarship programme. Nobel School is the hub school of the programme and liaises with all of the other schools involved.

A full programme of golf in schools will take place from early March through to July. Students at Nobel will get the chance to try golf in Physical Education lessons.

Moving forward, after this summer, it is hoped that a new cohort of participants to the scholarship programme will be given the same opportunity as our first five lucky students.

## **Daniel Robson becomes a young Golf Ambassador through England Golf**

Daniel Robson (Year 13) has gained a place on the England Golf Young Ambassador Scheme. Daniel will be volunteering across multiple major golfing tournaments that take place throughout the United Kingdom. Daniel's role will be to highlight the positive impact of sport for young people.

Daniel attended a full interview process and did extremely well to be offered a place on the programme. Last weekend, Daniel completed two days of team building with other successful applicants.

Daniel is hoping to pursue a career within golf and is always working hard on his game. Already qualified to coach with assistance, Daniel is hoping to obtain the award of becoming a Professional Golf Association accredited coach.

## **Getting into Golf Coaching Camps**

For anyone interested in getting their child into golf, coaching takes place during the school holidays, including February half term. For more information, please contact assistant PGA professional, Matthew Bailey, directly using the email [mattbaileygolf20@gmail.com](mailto:mattbaileygolf20@gmail.com)

Mr Richard Moore  
Maths Teacher





## Spotlight on Careers

**Year 8** students are out on a Work Shadowing Day on Friday 7 July

Full information with supporting paperwork, guidance and advice can be found on our School website:

<https://thenobelschool.org/wp-content/uploads/2022/09/Yr8-Work-Shadowing-information-pack WEB-version Jan23.pdf>

Students will be having an assembly immediately after February half-term to remind them of the dates and discussing the paperwork required. The Placement Agreement Form (Form C) needs to be handed in to your child/children's form tutor by Friday 28 April 2023, and includes all details of the placement.

For the few students who are unable to organise a placement, they will be in school on that day and complete a varied mixture of **Unifrog activities** and **Science** and **Maths** sessions with a sporting activity during P5.

**Year 10** students are out on a Work Experience week from 3 - 7 July 2023.

Full information with supporting paperwork, guidance and advice can be found on our School website:

<https://thenobelschool.org/wp-content/uploads/2022/09/Yr10-Work-Experience-Info WEB-version Feb23.pdf>

Students will be having an assembly immediately after February half-term to remind them of the dates and discussing the paperwork required. The Private/Own Placement Agreement Form (Form D) needs to be handed in to your child/children's form tutor by Friday 28 April 2023, and includes all details of the placement.

For the few students who are unable to organise a placement, they will remain in school and complete a varied mixture of **Unifrog activities** and **Science** and **Maths** sessions with a sporting activity during P5.

**Year 12** students are out on a Work Experience week from 3 - 7 July 2023.

Full information with supporting paperwork, guidance and advice can be found on our School website:

<https://thenobelschool.org/wp-content/uploads/2022/09/Yr12-Work-Experience-Info WEB-version July23.pdf>

Students will be having an assembly immediately after February half-term to remind them of the dates and discussing the paperwork required. The Private/Own Placement Agreement Form (Form C) needs to be handed in to your child/children's form tutor by Friday 28 April 2023, and includes all details of the placement.

For the few students who are unable to organise a placement, they will be in school and complete a varied mixture of **Unifrog activities** and **Science** and **Maths** sessions with a sporting activity during P5.

Our **Year 13** students are fast approaching the end of their secondary education journey, and most have made the decision to follow either an apprenticeship or University route after Sixth Form.

As part of the ongoing support for careers, I continue to share information with them from employers and training organisations, and to invite them to attend a wide variety of employer led webinars. Most recently:

<https://www.dysoninstitute.com/events/>

<https://www.gsk.com/en-gb/locations/united-kingdom/apprenticeships/>

<https://amazingapprenticeships.com/hop-into-your-future/>

National Apprenticeship Week - 30 of the world's biggest employers in attendance. **Registration link:**

<https://www.surveymonkey.co.uk/r/YP-NAW>

Our School website has many useful tools to support you with your conversations regarding their future career ambitions.

<https://thenobelschool.org/careers/>

## Spotlight on Careers

As part of our careers support package, students in **Years 7 and 9** have been completing a range of Unifrog career-related tasks, one per half-term, during form time to help inform them with their career decisions.

Our School website has many useful tools to support you with your conversations regarding their career ambitions.

<https://thenobelschool.org/careers/>

Students will be having an assembly immediately after February half-term to remind them of their plans to make sure that they are on track to achieve their goals.

The annual Parents and Carers career's information evening has been slightly delayed this year and will run on 20 February 2023 between 6.00 and 7.00pm in the auditorium. The presentation will be repeated on 22 and 24 February to support parents and carers with family and work commitments on that day.

Mr Bob Lovelock  
Careers Co-ordinator



## Hertfordshire County Council Home-School Transport

Hertfordshire County Council is consulting on its home-school transport policies, and seeking feedback from schools, parents and other stakeholders.

The proposals include:

- A policy to clarify the role of passenger assistants on contracted transport
- An amended policy for transport for 19-25 year olds
- Amending the charging structure for 16-18 year olds
- Removing the 16+ railcard

They are also seeking views of:

- Personal Travel Budgets
- Transport for those on Part-Time Timetables
- Spare seats on vehicles to special schools in Hertfordshire

Full details and an online response form are available at [www.hertfordshire.gov.uk/transportconsultation](http://www.hertfordshire.gov.uk/transportconsultation)

The consultation will run between 24 January and 26 March 2023.



# Interform Sport Competition

Last term, we saw a huge number of students representing their form and competing in the interform sport competitions. Students organised themselves within their form groups into football and netball teams to compete against the other forms within their year group, for the chance to be crowned interform champions.

A huge well done to 7TKWY, 8MEJS, 9ETBT, 10TKPR and 11EPCN who won the interform football, as well as the interform netball winners: 7TKWY, 8CTDO, 9CRGY and 10ERLN, who were awarded their coveted interform winner trophies.

This term, interform sport is back and students will get the opportunity to compete once again throughout the term. Forms will participate in basketball and football with the opportunity to get their hands on some more silverware.

This week, we saw a huge number of students participating in basketball in our sports hall. There was a fabulous atmosphere and some fantastic competitive games between forms.

Interform sport will continue throughout the year, and we hope to see students continuing to thrive in these competitive situations whilst challenging our students, building character, and helping students achieve.

Mr Louis Perry  
PE Teacher



## Library News

Our fabulous Scholastic Book Fair is now on! We have three large cases crammed with lovely new books. The fair is on during morning break and lunchtime until Tuesday 8 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.

Mrs Rosalind Essakhi  
Librarian



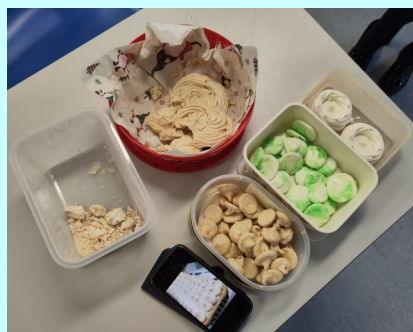
## Cake Club

It was meringue week for Cake Club this week!

Several club members rose to this sticky challenge with some delicious results. Mrs Evans made some mini meringues, Lacey got some expert help from her nan, Ellie's got eaten before I could take a photo, Isla made some green creations, Jess added corn flour for extra chewiness, and I forgot because I was having a lovely time in York over the weekend.

Next half term Cake Club will begin the planning and preparation for our bake sale in the last week of term, so watch this space for updates.

Ms Anna Redmond  
Head of Chemistry



## Nobel Network in Action

On 31 January, Nick Collins from the Nobel Network joined the year 12 and 13 sport studies class to discuss sports injury and rehabilitation, to help support their coursework.

Nick explained about his chosen career, the pathway he took and how he has opened his own gym. The sixth form class asked lots of questions regarding the career, different injuries, therapies and rehabilitation programmes. Nick described how he would assess and treat various injuries such as broken bones, sprains and dislocations. He also spoke about building trusting relationships with clients and how psychological support must also be given..

A huge thank you to Nick and Barry Burningham for all of the continued support.

Mrs Chloe Jones  
PE Teacher





# Running Club

In our weekly running club, on Fridays after school, the students have been commenting on how beautiful and relaxing the views are when we run.

Each week, we run to Fairlands Valley and then students can either choose to run round the lake or do training exercises.

Ajay, in Year 9, said: 'I started running to join one of my friends, Blake, but now I have continued to go as it makes me fitter'.

If you would like to join running club, then please sign up. We meet after school, in our running kit, on Friday.

If you have any questions, please ask one of the members of staff who lead the running club - Mrs Pearson, Miss Savo, Mr Bell or Mr Mesher.

Mrs Amy Pearson  
Head of Science



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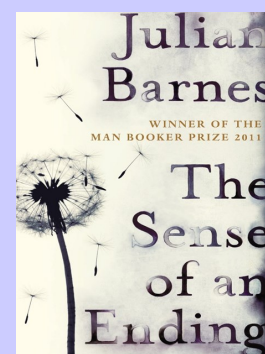
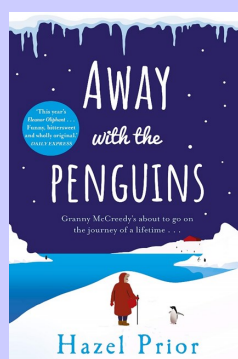
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- 2) Click NEW HERE? GET STARTED!
- 3) Enter your child's details and confirm the name of the school they attend
- 4) Create a username and password

GCSEPOD.COM | INFO@GCSEPOD.COM | 0191 338 7830

## 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](mailto:library@nobel.herts.sch.uk)

# Staying Safe at Nobel - Keep your child safe on TikTok

## What is it?

A video-sharing app that's very popular with children and teenagers. You lip-sync to music or do comedy sketches, and can add effects to your videos. You can also gain followers ('fans') and watch other people's videos.

The age recommendation is 13 and above, but it's easy for younger children to sign up too.

## What are the main things to watch out for?

- Sexual lyrics and swearing in songs
- Content about eating disorders (known as 'pro-ana') and bullying
- 'Challenges' that users take part in that are potentially dangerous
- Emojis that are seen as sexually suggestive, like the aubergine



Under-16s can't send or receive private messages. But once users have made contact, like through comments on videos, they could still switch to another app like Snapchat to chat privately and swap images and videos.

## 7 steps to keep your child safe

### **1. Use family pairing (also known as family safety mode)**

This feature lets parents control some settings on their child's account from their own phone (there's more on which features below).

You'll need to download TikTok and link your account to your child's. Once you've created a profile:

- ♦ Go to your profile (bottom right)
- ♦ Tap the 3-line icon in the top right
- ♦ Tap Settings and privacy > Family Pairing > Parent
- ♦ Follow the same steps on your child's phone but choose 'Teen', then scan the QR code with your camera to link your accounts.

### **2. Keep their account set to private and limit profile information**

Accounts for users aged 13 to 15 will be set to private by default. This means that only approved 'followers' can see your child's videos.

Even with a private account though, anyone can see your child's profile information. Tell them not to share personal information publicly, like their full name or where they go to school. Plus, encourage your child to only accept 'fan' requests from people they know and trust.

To check your child's account is private, on their phone, simply go to your child's profile > the 3-line icon > Settings and Privacy > Privacy > check 'Private Account' is turned on.

If you have family pairing set up, you check this using family pairing.

### **3. Set age limits so your child doesn't see inappropriate content**

You can do this through the family pairing settings. You can also use family pairing to turn off search on your child's account.

If you're not using family pairing, on your child's phone go to their profile > the 3-line icon > Settings and privacy > Digital Wellbeing > Restricted mode > follow the steps in the app.



# Staying Safe at Nobel - Keep your child safe on TikTok

## 4. Consider setting a time limit on use

TikTok can be hard to put down – help your child rein in their use with a time limit.

You can do this through the family pairing settings, or on your child's phone. Go to the Digital wellbeing section > Daily screen time > follow the steps in the app.

## 5. Restrict in-app purchases to block spending

On iPhones, if you already have Screen Time turned on, go to Settings > Content and Privacy Restrictions > enter your passcode if asked > turn on Content and Privacy > tap iTunes and App Store Purchases > In-app Purchases > set to Don't Allow.

If you don't already have Screen Time turned on, go to Settings > Screen Time > tap to turn it on > choose whether it's your device or your child's device > follow the steps to set up a passcode. Then just follow the steps above to block in-app purchases.

On Android, open Play Store, tap on your profile icon in the top right > scroll to Settings > Authentication > Require Authentication for purchases > Select 'For all purchases through Google Play on this device'.

Keep an eye on your bank statements to check your child isn't getting round the controls.

## 6. Check settings on interactions like duets, direct messages and comments

Duets are where users reply to one person's video with another, and then share it. The videos appear together, side by side. This feature has now been turned off for users under 16, and set to friends only by default for users aged 16 and over.

Your child can also change settings for comments on their videos via the Privacy section, and for users aged 16 and over, change settings for who can send them direct messages and duet with them.

If you have family pairing set up, you can do the same through the family pairing settings.

## 7. Make sure your child knows how to report content and users

Filters aren't perfect, so make sure your child knows how to report harmful or upsetting content or users. Make sure you both know the rules too – TikTok bans sexually explicit content, bullying, graphic content, "pro-anorexia" content, and hate speech.

- ◆ To report a user, go to their profile > tap '...' in the top right > Report > follow the instructions.
- ◆ To delete a fan, your child should go to their own Profile > Followers > tap the 3-dot icon next to the follower they want to remove > tap 'Remove this follower'
- ◆ To block users altogether, go to their profile > ... > Block > follow the steps in the app.
- ◆ You can report specific content through the video, comment or message itself.
- ◆ To report a message: open it, tap ... > Report > follow the steps in the app



## Hertfordshire County Council Services for Young People

# NOBEL AFTER SCHOOL PROJECT

at The Nobel School  
Mobbsbury Way,  
Stevenage,  
SG2 0HS

**Monday, 3.15-5.15pm**  
for young people aged 12-15

January to April 2023

The Services for Young People Nobel After School Project is for young people aged 12-15 focusing on building personal safety.

Contact the Stevenage Team to join.

Area Team Manager: Lucy Davis

Youth Work Practice Manager: Laura Butcher

Tel: 01438 843340 Text: 07860 065178  
sfyp.stevenage@hertfordshire.gov.uk  
www.servicesforyoungpeople.org  
@StevenageTeam



Services for  
Young People





## SPOTLIGHT WELLBEING WORKSHOPS

Delivered by Stevenage Mental Health Support Team

### Workshops for Parents at all Stevenage MHST Educational Settings

#### EBSA (Emotion Based School Avoidance)

Tuesday 31st January

17:30 – 18:30

<https://www.eventbrite.com/e/emotion-based-school-avoidance-ebsa-parentscarers-tickets-503584022367>

#### Understanding and Improving Your Child's Sleep

Wednesday 8th March

13:30-14:30

<https://www.eventbrite.com/e/understanding-and-improving-your-childs-sleep-parentscarers-tickets-503601414387>

#### Understanding my Teenager's Brain

Monday 20th March

10:00-11:00

<https://www.eventbrite.com/e/understanding-my-teenagers-brain-parentscarers-tickets-503606960977>

Mental Health Support Teams  
Hertfordshire and West Essex

Hertfordshire Partnership  
University NHS Foundation Trust



## Workshop Information

**Emotion Based School Avoidance (EBSA) Workshop** aims to support parent/carers to understand EBSA, the common triggers and maintenance factors. We will support parent/carers to intervene early to promote prevention of EBSA and equip young people, families and school with the skills to support reintroduction.

**Understanding And Improving Your Child's Sleep** aims to support parent/carers to understand sleep, common sleep difficulties and tips to improve your child's sleep.

**Understanding my Teenager's Brain** aims to support parents/carers to understand teenage development and ways to interact and communicate with your teenager more effectively

Mental Health Support Teams  
Hertfordshire and West Essex

Hertfordshire Partnership  
University NHS Foundation Trust





Hertfordshire  
Family Centre  
Service

## School Nursing

**NHS**  
Hertfordshire Community  
NHS Trust  
Winter 2022

# Public Health Nursing 5-19 Team Newsletter

### Welcome!

As another term begins, the school nursing team continues to support young people in Hertfordshire Schools.

### Ways to contact us:

0300 123 7572 (Mon-Fri 9am-5pm)

[www.hct.nhs.uk/our-services/school-nursing](http://www.hct.nhs.uk/our-services/school-nursing)

Free workshops available for parents and young people to attend, regarding emotional health, returning to school & more:

<http://ow.ly/U01750KHYQk>

**HEALTH TEENS**

[www.healthforteens.co.uk](http://www.healthforteens.co.uk)

A great website, with information and advice for young people aged 11-19.

### Chat Health

Chat Health is a text messaging service for young people aged 11-19 years that runs between 9am-5pm, Monday to Friday and gives the opportunity to contact a School Nurse for support and advice.

Young people can ask for help and advice on a range of issues such as:

- Weight and exercise
- Healthy eating
- Stress and anxiety
- Relationships and sexual health

If a young person contacts Chat Health after 5pm or on weekends and bank holidays, they will receive a bounce back message explaining where they can access support.

07480 635050



### Vaping

Vaping is the inhaling of a vapor created by an electronic cigarette or other vaping device.

#### How does Vaping work?

E-cigarettes or vape pens heat a liquid until it becomes a vapor which is inhaled, sometimes the liquid contains nicotine.

#### What are the health effects of Vaping?

- Addiction – Vaping can become addictive, you do not have to vape every day to become addicted.
- Anxiety and depression – Nicotine makes anxiety and depression worse. It also affects memory, concentration, self-control, and attention.
- Becoming a smoker – people who vape are more likely to start smoking cigarettes.
- Sleep problems
- Lung damage

For further support please see the Health for Teens website:

[www.healthforteens.co.uk/lifestyle/e-cigarettes](http://www.healthforteens.co.uk/lifestyle/e-cigarettes)

Or young people can contact our Chat Health service for advice and support.

**Legal age limit for buying a vape is 18 years old.**



### Relaxation Exercise

Visualisation is a great technique to make a young person feel calm and relaxed.

Imagining you are somewhere else, like the beach or a theme park, may distract your thoughts and calm you quicker.



#### Top Tip

Practicing calming techniques when they are in a good place and not feeling stressed, will help them to use the technique more effectively in situations when they really need them.

### Internet Safety Top Tip

#### The 5 P's

Here are 5 top tips to help your young person stay safe online.

#### Passwords:

To protect their information, it is best to make sure they are strong - use letters, numbers and symbols that cannot be usually guessed by anyone.

#### Privacy settings:

Use the privacy settings on social media and apps to control who sees what information about them or their location.

#### Personal information:

Be careful they don't give out personal information like their name, email, phone number, address or the name of their school to people they don't know. Ensure this information is not visible.

#### Profiles:

Make sure someone can't work out too much about your young person from the information they include in their profile. Be aware that anything they post could be saved or shared by people in their friends list.

#### Padlock:

A padlock symbol in the browser address bar means a website is secure. Before they enter private information like payment or address details, check that it's there. If it's not, ensure they don't use the site.

### Did you know?

School Nursing is also on Instagram, Facebook and Twitter!

We post up to date information, support and advice for young people and parents.

#### Follow us!



@hct\_schoolnursing  
@teenhealth.hct



@HCT\_SchoolNurse



QHct SchoolNursing