

## From the Headteacher

Dear Parents and Carers

The public examinations started a week or so ago, and our lovely Year 11 and 13 cohort have already taken several important exams. Year 11 have sat papers in maths, English, science, and RE. Their attitude and conduct have been first rate and we will continue to support them with revision sessions at school. I realise that, when many of us took examinations, we were sent on elongated study leave. However, we feel very strongly that regular contact with the class teacher during the exam period is crucial. We urge all of Year 11 and 13 to take advantage of this, it will make a significant difference.

On my way to school this morning, I heard the report concerning the dangerous effects of vaping on the developing brain of young people. I think some of our young people have not realised that the elevated levels of lead and nickel, neurotoxic metals, are as dangerous as smoking normal cigarettes. A recent investigation showed that some of these products contained three times the legally accepted level of these toxins. Vapes are therefore dangerous to young people and we should be doing all we can to ensure that they do not use them. Despite this we have confiscated vapes from children and there have been reports of some young people vaping whilst at school.

This is totally unacceptable, and we will be very strict with anyone who brings a vape into school. This includes two days of internal exclusion when the students will research and write a report on the dangers of vaping. At the same time, we will be talking to all our young people about this in assemblies directly after the forthcoming break.

On a much more positive note, as the weather improves, and the evenings get longer, what a great time to have a break from school. It is spring holiday next week and I can hardly believe that the academic year will be in its last half term. We have achieved so much since September and, with your continued support, I know we can go from strength to strength.

Take care and stay safe.

Kind regards  
Martyn Henson

## DofE Students receive their Gold Award at Buckingham Palace

On Monday 15 May, a group of students from The Nobel School were invited to attend an event in the gardens of Buckingham Palace, to celebrate their success at achieving their Gold Duke of Edinburgh Award.

On arrival at Buckingham Palace, we received a very fancy booklet with the order of events and, as the speeches were at 11am, we had time to look around. There were two army bands playing for us. There were cupcakes and tea on offer, and you could even take a DofE travel mug home with you.

We met up as a group near this huge DofE sign to have our photos taken and, at 11am, the speeches started. The Duke of Edinburgh (Prince Edward) spoke, as well as a woman who was also celebrating achieving her gold DofE award on that day, and a famous footballer, Jermaine Jenas, who had completed his silver DofE award. Once the speeches were completed, Prince Edward made his way down the coned off aisle and greeted as many people as he could.

As a group, we managed to actually speak to him. A photo of us even made it onto the DofE Instagram and Facebook page! After this, our DofE group took some more photos. My Nan (whom I had invited) and I walked around the lovely gardens until the end of the event. It was certainly a fantastic day out to celebrate our achievement in gaining the Gold Duke of Edinburgh award.

Alicia Scott - 13JSO





## Girls' Football Activators - Barclays Go Lead - an update

The Nobel PE Department were lucky enough to secure tickets for the Women's FA Cup Final 2023 at Wembley Stadium through the Stevenage Girls' Football School Partnership, due to the work being completed for the Girls' Football Activators. Students who are completing this initiative or who have supported the PE Department throughout the academic year were invited to attend.

### Student report

On Sunday 14 May 2023, twelve students attended the Women's FA Cup Final at Wembley Stadium between Chelsea and Manchester United. We were accompanied by Mrs Jones and Mr Carolan. Mrs Jones drove the minibus whilst Mr Carolan was resident DJ.

When we arrived at the stadium, we found our seats, which gave us a great view of the pitch, and the atmosphere was incredible. It was an honour to be a part of such a remarkable historical event, because there were 77,390 spectators in the stadium, the most ever for a women's domestic football game. It has been fantastic to see the women's game grow so rapidly over the past couple of years.

Manchester United scored within the opening minute of the game, but it was ruled out due to being marginally offside. Up until halftime, the game was evenly matched despite numerous chances on goal by both teams.

After the break, Harder made a beautiful cross into Sam Kerr, who finished it off in the 68th minute to secure the victory. Kerr is Chelsea's leading goal scorer. With this, Manchester United attempted multiple times to equalise including forcing a goal-line clearance from a Chelsea defender, but it was all in vain as Chelsea went on to win 1-0.

Chelsea Women are FA Cup Champions for the third successive season. While it was United's maiden appearance in a major cup final since their reformation in 2018, this was Chelsea's seventh FA Cup final within the last 12 years.

Mrs Jones and Mr Carolan made the trip such fun with their good humour; although their singing skills left a lot to be desired! A good time had by all; thank you to the school, Mrs Jones and Mr Carolan for this wonderful opportunity.

Katie Nash 13SSS and Grace Belsham 13NCT





# Onatti Spanish Theatre Production

On Tuesday 23 May, the MFL department were pleased to invite the Onatti Theatre group in to put on a performance for all of our Spanish students in years 7, 9, 10 and 13.

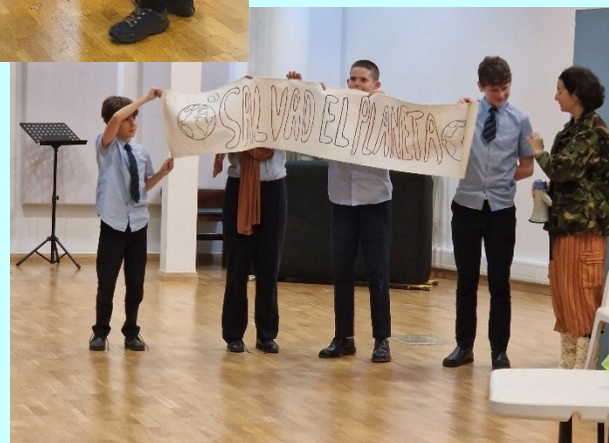
It was a fantastic experience for the students as the play was performed entirely in Spanish by native speakers and some students were invited on stage to participate in the play. We are very proud of Deon Pearce (7E ARD), Safiyyah Rehman (7C MGS), Aleksander Wachta (7C AMY), Marco Bracaglia (7E BPX), Rhys Allen (7E BPX) and Harley Murray (9C RGY) for their confidence to get up on stage, join in the play and speak Spanish in front of their peers and staff.

The students thoroughly enjoyed the play and some of our year 9 said that the play was really interesting, they were pleasantly surprised at how much they were able to understand and that they had learnt new vocabulary from it.

A big thank you must go to FONS who helped support the plays financially, keeping the costs down for our students.

Miss Michelle Perez-Lotcho

MFL Teacher



## Year 9 Pathfinder's Day

On Tuesday 2 May, we took a group of our year 9s to have a look around the Hertfordshire University campus in Hatfield. During our visit, students had talks from members of staff and from current students at the university.

Our year 9s were given guided tours around the campus where they got to see all of the departments and wonderful facilities. We finished they day with a challenge set by the organisers, which included prizes.

Mr Dan Galvin

Head of Year 9



## District Athletics

On Tuesday 23 May, the Nobel School Years 7 and 9 Athletics Teams travelled to Ridlins Stadium for their first fixture of this season. The first fixture of the academic year saw Nobel go up against Barnwell, Knights Templar, Fearnhill, Thomas Alleyne, John Henry Newman, Barclay Academy, Hitchin Girls' School and Hitchin Boys' School.

Despite reaching the end of the first half of the summer term, this fixture was the first opportunity our athletes had to represent their school due to competitions being cancelled on account of bank holidays and poor weather conditions.

The PE Department have been impressed by the way in which students have been working hard during their athletics sessions within PE lessons and attendance at the after school club.

Some highlight results were as follows:

- ◆ Archie B's first place in the Year 7 Boys' B 200m and second place in Shot Putt.
- ◆ Abigail's first place in the Year 9 Girls' A Hurdles.
- ◆ Aubrey's first place in the Year 9 Boys' 1500m with an incredibly impressive run.
- ◆ Nathaniel's first place in the Year 7 Boys' B 100m.
- ◆ Zane's first place in the Year 7 Boys' Javelin.
- ◆ Brianna's first place in the Year 7 Girls' B 800m.
- ◆ Bethany's first place in the Year 9 Girls' A 800m, finishing a large distance ahead of her competitors.
- ◆ Jaydon's second place in the Year 7 Boys' A 200m and Javelin.
- ◆ Lenny's second place in the Year 7 Boys' A 800m.
- ◆ Jess' second place in the Year 9 Girls' Javelin.

There were several other highlight results and personal bests beaten across the evening and it would be impossible to write them all in this article.

Our students brought a high level of talent and contributed to a fantastic competition where competing schools were all very strong. All of the students have made us very proud due to their efforts. A highlight from the evening was the way in which the students supported each other, especially those Year 9 students who supported the Year 7s at their first fixture.

Please see below the upcoming Athletics fixtures:

Date	Year Group
Tuesday 6 June 3-6:30pm	Years 8 and 10
Tuesday 13 June 3-6:30pm	Years 8 and 10
Wednesday 21 June 3-6:30pm	Years 7 and 9
Wednesday 28 June All Day	Years 7, 8, 9 and 10 District Athletics

Students who are interested are able to join Athletics club on a Tuesday after school.

Mr Regan Carolan  
PE teacher





# PE Club Spotlight: Rounders Club

**Day:** Monday

**Time:** Afterschool, 3:15 - 4:15pm

**Location:** Field

**Club lead:** Mrs Camp, Mrs Saville & Mrs Jones

As we transition to the summer sports, students are able to join Rounders club on a Monday after school.

Rounders is a striking and fielding team game, played between two teams, that involves hitting a small ball with a rounded-end wooden bat. The players score by running around the four bases on the field.

Across the duration of the summer term, there are plenty of opportunities to represent Nobel at Rounders fixtures where we will play the local schools within the district.



Here are some of the student voice comments from those who attend the club:

*"I loved rounders in primary school and it has been great to play again!"*

*"Rounders always keeps you on your toes whether you are batting or fielding."*

*"Teamwork is so important in rounders and I love playing with my friends."*

To sign up for a PE club, please visit the Arbor Parent Portal or email [Regan.Carolan@nobel.herts.sch.uk](mailto:Regan.Carolan@nobel.herts.sch.uk). If you have any further questions, please speak to the PE Department.

Mr Regan Carolan  
PE teacher

## FONS Annual Raffle

We recognise the current financial climate, but hope that parents/carers will still feel able to support the FONS Annual Raffle which, this year, is running as a summer event rather than at Christmas as it has in past years. The money raised last year has purchased items for Duke of Edinburgh Award and supported students to cover some expedition costs. It also supports the extra items in subject areas that add value to the normal resources funded from the school budget.

As the last electronic raffle was so successful, please help us make this year's raffle a success too.

Tickets are £1 each and can be bought via the **School gateway** in multiples of £1. The raffle opens on Monday 22 May and closes on Monday 3 July. **The winners will be drawn at the FONS meeting on Friday 7 July.**

- ◆ First prize – £150 Cash
- ◆ Second prize – £50 M&S Voucher
- ◆ There are also many other prizes including: a beauty voucher, cycle helmet, family meal deals, wine, vouchers from hairdressers and many more.

To purchase tickets, log onto the School gateway. Example £5 paid will equate to 5 x separate numbers in the draw. The numbers will be selected by a random number generator and parents will be notified of timings for the draw nearer the time should they wish to attend.

If any parents wish to donate additional prizes, please email [friends@nobel.herts.sch.uk](mailto:friends@nobel.herts.sch.uk)

Thank you for your support.

## Good Luck and Farewell Year 13

On Friday 12 May, we said farewell to Year 13. The day started with breakfast and a quiz with their form tutors to enjoy, after 7 Years for many of the students, their last ever form time at Nobel School.

We were so fortunate to have a planning committee for the leavers' assembly, who just went above and beyond this year. I must say a very big thank you to Kieran and Grace for putting all of the PowerPoints together, Amellia for getting all of the nominations for the student's awards, Aqil and Amy for the final leavers' video, which was fabulous, and Katie for all of her hard work on the certificates.

During the assembly certificates were given out for Bronze, Silver and Gold volunteering awards but, a special mention to Jenna, who received the first Platinum award at Nobel School.

Speeches were presented by Mr Henson, Ms Reeder and myself, giving the students advice and guidance on their future and, of course, words of wisdom.

The students recognised the hard work of the Year 13 Form Tutors by presenting them with presents and cards to thank them for all of their support over the two years of their sixth form journey. We also said a very big farewell to Mr Lovelock, who is leaving Nobel after 12 years, during which time he has always been in the Sixth Form team. We are going to miss him and the knowledge he has for the students on careers.

The next step is now the exams but then students will be back to celebrate with their first Prom, after missing out due to Covid.

May I take this opportunity to wish all of Year 13 the very best for their exams and I look forward to seeing you all at Prom for our final farewell. You have been a fantastic year group and please do come back to visit us anytime.

I would also like to thank all of the Year 13 Form Tutors for the hours of work they have put in with the form groups to make them the students they are today and ready for the next part of their lives

All the best for the future.

Mrs Jackie Saville  
Head of Year 13

## World Challenge Fund Raising Initiative

Here is your chance to win a £25 Hobbycraft gift card and help a young girl fundraise for her trip to Borneo.

My name is Phoebe and I am a Nobelian student in year 9. I am currently embarking on a challenge of a lifetime to raise £4000 for my trip to Borneo with World Challenge. On this trip, I will be helping with the conservation of animals and plants. For example, I will be volunteering in an orangutan sanctuary as well as planting trees and learning about the local indigenous community. To help raise money for my trip, I have organized a raffle for a £25 Hobbycraft gift card, and you can enter by giving £1 in an envelope with your name and email to reception. Not only will this help me reach my goal, but it will also give you a chance to win this great prize!







## Sixth Form Induction 3 & 4 July 2023

- 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

**GCSE Results Day – Thursday 24 August 2023**



Premier partner  
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### SUPPORT YOUR CHILD ON THE PATH TO SUCCESS

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- 1) Go to [www.gcsepod.com](http://www.gcsepod.com) and click LOGIN
- 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

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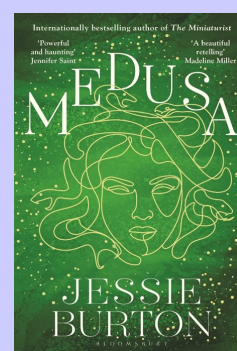
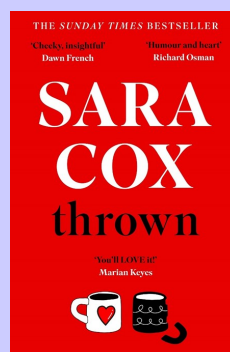
[INFO@GCSEPOD.COM](mailto:INFO@GCSEPOD.COM)

0191 338 7830

### NOBEL SCHOOL PARENTS, STAFF and COMMUNITY BOOK GROUP

The next meeting will be held in the  
Library, 6:30pm, on Tuesday 13 June 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)



## Years 7 and 9 Rounders vs Marriotts and Barnwell

On Thursday 18 May, the Years 7 and 9 rounders teams travelled to Marriotts School to play their first fixtures of the season against Marriotts and Barnwell. Prior to the games, the teams have been working hard in training and during their PE lessons.

### Year 7

**The team: Sophie, Isla, Sophie, Jessica G, Evie, Lily, Erin, Jessica T, Lucy**



Despite being the first time the team have played a competitive fixture together they had a fantastic afternoon, managed by Miss Chalkright. The girls worked together well to beat Barnwell and lose narrowly in a closely contended game against Marriotts.

It was pleasing to see the team taking on feedback, working together and putting into practice the batting and fielding skills they have developed in PE lessons and during rounders club.

### Year 9

**The team: Lily-Rose, Jessica, Kacey, Zara, Evie-Mae, Bethany, Florence, Sydney, Eve, Summer**



The Year 9 team had a brilliant afternoon, managed by Mr Carolan, winning both of their games comfortably. In the first game against Marriotts, the team communicated well to field effectively and deal with the excellent batting on show from Marriotts. On top of this, the team kept composure to score a high number of rounders to win the game.

In their second game, the Nobel team batted first scoring an incredible 13 rounders which would have been difficult to beat. Despite this, the team kept their concentration and continued to field as a team to ensure Barnwell's score was kept as low as possible. It was a fantastic show from the Year 9 team!

A huge well done to all of the students who took part – the PE Department are incredibly proud and look forward to seeing you play in your upcoming fixtures this year.

Mr Regan Carolan  
PE teacher

## Dates for your Diary

**Monday 29 May - Friday 2 June:** Half-term break

**Monday 5 June** - Return to school

**Wednesday 14 June** - FONS Meeting, 7pm in the Library

## In Support of Year 11

Well done to our Year 11 students, who are currently undergoing their GCSE examinations and are tackling it head on in the most professional manner. We are proud to see so many of them in from 7:30am in the morning, working hard and having breakfast in the canteen. There is a real 'buzz' with the year group at the minute and the studious atmosphere is becoming infectious as they display our 'culture of academia.'



Thank you to all the Nobel curriculum staff who are present in the mornings and afternoons providing support right up until the exams start, and to our wonderful canteen staff for providing fruit, croissants, muffins, water and juice every morning. Lastly, thank you to our exams officer, Claire Walsh, who sets the standard so highly; to Lynn Way for her organisation of the hall and seating plans and to Dawn Kenney, Louise Boguzas and Ms Amey, our SENDCO, for their tireless work with students' exam access and the everyday support they give to our students.

The Year 11 students really appreciate it.

Mr Ryan Spence  
Head of Year 11

## UKMT Junior Maths Challenge

The results are in! Congrats to the following students for earning gold, silver, and bronze awards for the UKMT Junior Maths Challenge. A special shout out to Jaydon Allen (Year 7) for scoring the highest in the school for the Year 7 category, and Oskaras Jakubonis (Year 8) for earning a Gold certificate, scoring the highest in the school overall, and being invited to compete in the 2023 Junior Kangaroo follow-on round!

Congratulations to all who participated in the UKMT Challenge.

### Year 7:

Jaydon Allen (Silver, Best in Year)  
Sumiran Jadhav (Silver)  
Kristiyan Ivanov (Silver)  
Pablo Ramirez Rioja (Bronze)

### Year 8:

Oskaras Jakubonis (Gold, Best in School)  
Julia Wilczynska (Silver)  
Aruba Ismail (Silver)  
Daniel Bassett (Silver)  
Keira-Leigh O'Neill (Silver)  
Catherine Hodson (Silver)



Megan May (Silver)  
Foram Patel (Silver)  
Evan Ebbs (Silver)  
Atiqur Rahman (Silver)  
Callum Brace (Silver)  
Emmanuel Dwamena (Silver)  
Chania Kenids (Silver)  
Jasmine Rumsey (Silver)  
Alex Allen (Silver)  
Mehek Patel (Bronze)  
Ashleigh Estole (Bronze)  
Joshua Smith (Bronze)  
Joshua Adkins (Bronze)  
Ryan Youngs (Bronze)  
Jack Paine (Bronze)  
David Cioaca (Bronze)  
Sonny Kennedy (Bronze)  
Alexander Brockhurst (Bronze)  
Omodesire Dada (Bronze)  
Alfie Sapsford (Bronze)  
Jack Ellis-Neate (Bronze)  
Alexander Chapman (Bronze)  
Jamie Frisby (Bronze)



# Whipsnade Zoo Visit - A Level Biology

On Friday 12 May, A Level biologists were given a great opportunity to travel to Whipsnade Zoo in Dunstable. For many students, this trip allowed them to visit a zoo for the first time and see a diverse range of animals up close. From free roaming wallabies to cunning wolverines, and even some adorable elephants; the students had an amazing experience.

Students were also able to witness the effects of an introduction between several brown bears, something that many people, unfortunately, only see in nature shows and documentaries.

The staff at Whipsnade were incredible and made sure our students were well taken care of but also pushing them to be self-reliant and self-motivated. During talks, and during the brown bear introduction, staff members were available to answer some questions which added a unique level of immersion to the day.

In addition to traveling through the park, students also conducted their Field Research PAG, that allowed them to study the diversity of the local fields. Partnered with professional ecologists and conservationists, students set out on a 2-hour practical to catalogue and study local plant life in different areas of the field.

Although the weather was less than ideal, students showed true perseverance as they battled the cold rain in pursuit of a few looks at some cuddly critters. Over all, a unique experience for our students, expanding and broadening their views and horizons of the biological world.

Mr Kevin Power  
Head of Biology



# IMPORTANT NOTICE - Behaviour for Learning at Nobel

There are currently some practical and systems issues with a very low number of young people having a negative impact on student learning due to their disengagement from classwork and their approach to school in general. After half term, we are aiming to make some minor changes to the Behaviour for Learning Policy and our approaches to how we manage both in class behaviour and that around the school.

After half term we will run a pilot change for six weeks, until the summer holidays, with a view to more permanent changes in September; after undertaking an evaluation. Our proposals are, of course, all within the legal framework from the government's DfE, but they will mean a change for the young people, who are receiving detentions on a regular basis, and for their parents.

What we are implementing after half term, is as follows:

- 1) Daily detentions, of 60 minutes duration, on the same day poor behaviour is displayed – the timeframe for this will be lessons 1-4 but will include poor behaviour from lesson 5 from the previous day.
  - ♦ ***This means that the current 24 hours' notice to parents we have adhered to previously will not be given.***
- 2) Restorative conversations, that currently happen the day after a poor behaviour, can also happen on the same day, making it easier for teachers to repair relationships with their student as they are onsite, whilst also meaning that, if the conversation goes well, the student may not have to stay the full hour.
- 3) If a student is late into school, which is more prevalent post pandemic, they will be kept at the end of the same day for 30 minutes.
  - ♦ ***This means that the current 24 hours' notice to parents we have adhered to previously will not be given.***
- 4) If a student receives three GUMPEs in a week, they will be kept at the end of the same day the third is received for 30 minutes.
  - ♦ ***This means that the current 24 hours' notice to parents we have adhered to previously will not be given.***
- 5) If a student does not attend a detention, they will be placed into reflection the following day.
  - ♦ ***It is important you let us know of any after school appointments your son/daughter has in advance. This will negate any conflicts should a detention need to be set, and avoid the need for reflection.***

Clearly our job is to give every student the best opportunity to succeed at getting the best GCSEs possible, whilst also developing the appropriate skills for adulthood. We believe that there should be a consequence when a student makes a mistake, particularly when it affects others, but a consequence from which they can learn and, therefore, build and develop their character in readiness for adult life.

Please can you discuss with your son/daughter the need for both good punctuality and good behaviour when in school, and that we will be implementing these changes for what we believe to be the good of the student body as a whole.

Many thanks for your continued support in this important matter of addressing behaviour and improving the student experience at the Nobel School. If you have questions regarding these simple changes please contact Carl Swendell, Daniel Camp or your son/daughter's head of year, using: [firstname.lastname@nobel.herts.sch.uk](mailto:firstname.lastname@nobel.herts.sch.uk)

Mr Steve Morley



# Staying safe at Nobel

## Mental health and wellbeing during secondary school

As parents and carers, it can be hard to know whether your child's feelings and behaviour are normal or becoming a problem. This is especially during adolescence when young people can feel a great deal of pressure and increasingly want to loosen their family ties. Young people's need for independence is partly due to changes in brain development. This makes reading and understanding others more difficult than when they were younger. This can leave parents feeling that young people are in a world of their own, when actually they can be struggling to understand themselves and others! A rollercoaster of changing emotions and feelings that come and go is completely normal at this age. Feelings and moods that become a problem are those which last a long time, become overwhelming, and stop your child from doing what they want to in their lives. We know that having strong relationships lies at the heart of good mental health. As parents and carers, we also have our own stresses such as money, job security and juggling family demands. These can put pressure on our capacity to respond sensitively to our children. Talking can be a helpful way for young people to manage their wellbeing as it helps them to make sense of and manage difficult experiences and feelings.

### TOP TIPS FOR TALKING

- ◆ Give your full attention, be curious and take it seriously. We all know it's not nice to be half listened to. Being actively interested in your child can be a powerful way to help them feel listened to and understood. Try to resist the urge to downplay or dismiss what your child is telling you.
- ◆ Emphasise that you are always available to talk. It may be that your child doesn't want to talk, can't find the words at the moment or is trying to assert their independence. But don't be misled by your teenager's need for separation. They need you just as much as ever.
- ◆ Take time to reflect. Research shows that thinking about what is going on in your child's mind and being aware of your own thoughts and feelings promotes secure attachment, good social skills and the ability to 'read' others.
- ◆ Provide empathy. When children feel truly understood they start to be able to manage their emotions and this has a big impact on their wellbeing. Using empathy is also a great way to defuse tension.
- ◆ Be aware of your own stress and negative feelings. They can really get in the way of feeling close to your child. Reflecting on the causes of stress can prevent it from spilling into your relationships at home.
- ◆ Think about timing. Ask yourself 'Is this the right time to talk?' Choose a time when you can focus on your child and ignore distractions.
- ◆ What should I do if I am worried? You can find some advice and guidance listed on the back of this leaflet. In particular, MindEd for Families provides comprehensive information on a range of mental health problems. If problems persist, become overwhelming or you feel your child is displaying symptoms, we strongly recommend that you visit your GP.

### Where can I find advice and guidance?

Child in Mind: a series of podcasts we have developed at the Anna Freud National Centre for Children and Families. They feature BBC Radio 4 presenter Claudia Hammond interviewing our clinical experts and have been shortlisted for the Mind Media Awards. They are freely available at [www.annafreud.org](http://www.annafreud.org)

#### **ChildLine for 18s and under**

0800 1111

#### **Youth Wellbeing Directory**

[Youthwellbeing.co.uk](http://Youthwellbeing.co.uk)

#### **Anna Freud National Centre for Children & Families**

[www.annafreud.org](http://www.annafreud.org)

#### **YoungMinds Parent Helpline**

0808 802 5544

#### **NSPCC**

0808 800 5000

#### **MindEd for Families**

[www.minded.org.uk/families](http://www.minded.org.uk/families)