

Nobel News

30 June 2023
Edition 11.16



From the Headteacher

Dear parents and carers

As you will know, we were inspected by Ofsted last week. I am unable to talk about the findings yet, however, I would like to thank those of you completed parent view, it is available on-line, and we were very pleased with the support you gave the school. It is very important to us that we have your support. May I urge you to contact us if you have concerns and give us the opportunity to answer your questions. If you feel frustrated with us, please contact me at school. The Ofsted report should be sent to the school, and on to you, by the end of term.

However, we do have a well-developed community spirit at Nobel, an example of which is the Friends of Nobel School (FONS). They continued to support students through the pandemic with money for laptops, they continue to help with money for students to gain the Duke of Edinburgh Award and are busy fundraising for subject extras.

Alongside the annual quizzes and discos, one way all parents can support FONS is to join the 100 Club (see the FONS article in this newsletter for details) or to purchase raffle tickets. There are a number of prizes this year, not least £150 first prize. If you feel able to, please support FONS by purchasing tickets for the raffle through the gateway before midnight on Monday 3 July 2023.

Finally, we have three more weeks before the end of term and would appreciate your support in retaining our standards on attitude, uniform and behaviour.

There will be one more edition of Nobel News this academic year and this will be published in the last week of term.

Thank you for your continued support.

Kind regards

Martyn Henson

Year 13 Leavers' Prom

On Friday 23 June, Knebworth Barns, once again, provided the perfect backdrop for our Year 13 leavers' prom.

Almost the entire year group came together on this perfect summer's evening to mark the end of their time at Nobel. Many of the staff who had taught them over the previous two years were also in attendance, to celebrate with them.

This year's theme was 'Masquerade', and the Prom Committee, led by Head Girl, Grace Elliott, had done a fantastic job of decorating the venue, but everyone played their part and really pulled out all the stops in terms of the wonderful dresses, suits, cultural clothing and even a kilt with full highland dress. It was just fantastic!

From the very start (for the majority, 7 years ago) our departing Year 13s have been an exceptional year group and it is always sad to say goodbye, but we are all so proud of the class of 2023, and the fine young people who are on the cusp of the next exciting chapter in their lives.

Head of Year 13, Mrs Jackie Saville, said *'It has been my absolute pleasure to be their Head of Year during their Sixth Form journey. I am so proud of each and every one of these young people, and would like to wish them every success in whatever they are planning to do next.'*



Year 8 Visit to Bhaktivedanta Manor

We left school on our coach and arrived at Bhaktivedanta Manor around 10.00 am, to be greeted by our hosts.

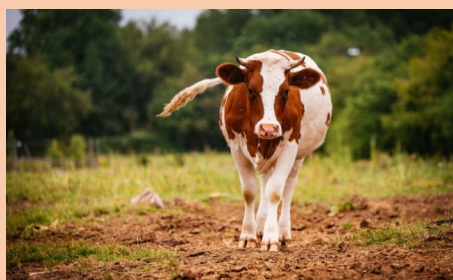
The Manor is a place of worship for the International Society of Krishna Consciousness (ISKCON) – it is better known as the Hare Krishna denomination.

Alison, our guide, explained about the basic principles of Hinduism. This included concepts on Karma, Reincarnation, Moksha and Purpose. Alison then showed us a variety of objects and we had to guess what they are used for in prayer (Arti).

Next, we visited the gardens, where they grow basil in a greenhouse. When the basil dies, they use the sticks for prayer beads and, on each chain, there are 108 beads in total. During our trip, we had the chance to go on a bull cart ride, which was pulled by two oxen. This was one of the highlights of the trip for me, as I love animals. We had the opportunity to meet the calves and pat them, as there were extremely friendly and pleased to see us.



New Gokul Farm - The onsite farm is for the protection of cows and is an organic farm, bringing harmony between humans, animals and the environment. As Hindus believe that we can be reincarnated, the cows are treated with total respect and well looked after. Go Mochana Utsava means the festival of letting the cows out, which is celebrated each year after the winter period to allow the cows freedom into the fields.



George Harrison Garden - We then had the chance to visit the George Harrison Garden. George was one of the Beatles and he bought the Manor in 1973 and then donated it to the Krishna community. The garden is a tribute to him and a reflection on his spiritual journey that happened after his success as a member of one of the biggest bands of all time. On the benches and pavements were lines from his songs and these inspire thoughtfulness and spiritual awareness.



Dressing up - One of the fun parts of our trip was the opportunity to dress up in traditional Hindu saris – I chose a blue and white one with flower patterns. It was fun learning how many different ways there are to put a sari on. We learn that they put folds into the sari before tying it, which makes the skirt easier to move in.

We then went to a shrine room to witness a religious worship taking place. There was singing, beating of drums and clash of cymbals. They also offer vegetarian food to their gods.



Year 8 Visit to Bhaktivedanta Manor

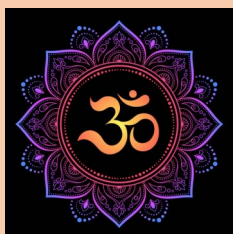
The Hindu Murtis, which are statues of their gods, are bathed every day and they have different clothes. The day before, flower garlands are made to match their outfits and they are offered food daily.

Lunch – For lunch, we were provided with authentic Indian cuisine, which consisted of pea and cheese curry with basmati rice. There were also some chips and a puri, which was a delicious type of fried bread.

We were told about the basic teachings that are carried out at the Manor. They explained how the soul is spirit and the body is matter. Although the body is temporary, the soul endures as it is never born and never dies.

At the end of the day, we had the chance to visit the shop. The shop sold Murti, which are little statues that are worshipped. There was a variety of saris and many students purchased a flute as a souvenir. I really enjoyed the visit as it helped me to learn more about Hinduism and I recommend everyone visit at least once.

Keira-Leigh O'Neill - 8MPO



The first thing that struck me when we arrived at Bhaktivedanta Manor, the Krishna Hindu Temple in Watford, was an overwhelming sense of calm and tranquillity. This feeling continued throughout the day, especially in the peaceful gardens and hushed quiet of the temple itself; you truly felt you had entered a different, more peaceful world.

One of my favourite parts of the day was the delicious feast we were treated to at lunchtime. We were introduced to all the different items in turn and, whilst I can't remember all the names, I do remember how much I enjoyed the food, especially the colourful, pastel foamy pieces! For the less adventurous of us, there was always a plentiful supply of chips.

Although all Hindus avoid beef out of respect for the cow, which is considered sacred in Hinduism; at Bhaktivedanta Manor, they go a little further. All cows are milked by hand and are living their best lives. As cows provide milk for us after we are weaned from our mother's milk as babies, they effectively resume the role of the 'mother' and this is one of the reasons they are considered so sacred to the faith. They truly care for the cows on the farm here and practice the Hindu moral code of 'ahimsa': no violence to all things. We were lucky enough to experience a ride on a cart pulled by two oxen, which was brilliant but a little bit bumpy!

There was a moment in the afternoon when I almost felt as if we were intruding on something private: allowed into the inner circle of meditation of the Hindu community as we listened in silence to their hypnotic chanting and singing. It was a great opportunity to see the aarti lamp ceremony in practice, although the smoke from the fire was a little intense for those of us not used to the lamps.

One thing that really surprised me was the connection between Bhaktivedanta Manor and the Hare Krishna faith to George Harrison, one of the Beatles. He was deeply spiritual and donated the whole estate to the movement in the 1970s. His song, 'My Sweet Lord' refers to the deity Hare Krishna in the lyrics, which I did not appreciate before my visit.

To be immersed in the Hindu faith for the day was a very calming experience and really brought the ideas we had learnt in the classroom to life.

Roberta Chastell - 8EJS



Dance Contact Workshop

Sophie Duncan (Year 13) and Katie Furr (Year 12) conducted a fabulous Dance Contact workshop with the GCSE Dancers in Year 10 last week. The students demonstrated exceptional leadership and confidence in delivery, and this was a safe and effective dance group session.

The Year 10 were flying once they learnt some basic core skills, and the cohort came away having pushed themselves and now have some fantastic lifts and tricks to adapt their dances for next year.

It was a superb opportunity for all students; I was a very proud dance teacher supporting the current and past students working side by side.

Mrs Rebecca Llewellyn
Head of Dance



A' Level History Visit to The Tower of London

On Friday 23 June, Mr Colbourn and Miss Taylor took the Year 12 history students on an exciting and informative trip to the Tower of London. The purpose of this visit was to broaden our initial knowledge in preparation for our Year 13 topic, the Tudors.

We took the Circle Line to Tower Hill, where we were immediately greeted by the swarms of tourists, school groups and the King's Guard. Upon entry of the Tower, we were met by a Beefeater who directed us to the main points of interest that relate to the connection between the Tudors and the Tower. After a bite to eat, we set off for the ravens where, luckily, none flew away, so the kingdom was safe for another day.

Our next activity was exploring the White Tower which was the oldest building within the Tower of London. Within this attraction, we saw various historical items on display including, former monarchs' armour, weaponry, and miniature cannons which Mr Colbourn was eager to take home for his garden.

The day was hot, and the students were parched, so Mr Colbourn and Miss Taylor, generously treated the group to Mr Whippy ice creams to round off the trip. This put a smile on everyone's face!

This visit was the perfect finale to the first year of the course and provided an excellent introduction to our Year 13 studies. Thank you to our outstanding teachers, whose efforts are greatly appreciated by the students.

Max Hubbard and Millie Waite - Year 12



The Morfett Shield

Over the last few years, we have been delighted to be able to present the Morfett Shield to our four most outstanding Sixth Form Mathematicians.

The shield is sponsored by one of our founding students from 1961, Tony Morfett, who, after leaving Nobel in 1968 worked locally, putting his own maths skills to great use designing satellites for the space industry. Now retired and living in the Isle of Man, Tony visited the school last year and was impressed with the attitude and work of the current students. His visit prompted this kind gesture to sponsor the prizes.

We usually choose our winners through the senior mathematics challenge but, unfortunately, this was not able to go ahead this year. Instead, we have chosen an exceptional student from each of our 4 A-level classes. Our winners this year are:

Year 13 Further Mathematics – Claudia Mitu
Year 13 Further Mathematics – Charlie Grace
Year 13 – Kieran McManus
Year 13 – Rhea D'Souza

All four students' names will be added to the shield, which will be displayed in school, and each student will receive a book token as a well done.

Many thanks to our kind sponsor, Tony, for his continued support.

Mr Andrew Mesher
Head of Maths



A Level Language Students Visit Cambridge University

On 19 June, the A-Level languages students went to the Sidgwick site at Cambridge University for a day of learning language.

We started with a sample lecture about the Spanish civil war then, later, had sessions in both familiar and new languages such as Arabic, Ukrainian and Japanese. The day was very insightful. There was a lot of information about university life as a MFL student and lots of general advice too. The student ambassadors were also incredibly helpful, providing good knowledge about the year abroad aspect of the course.

The day was great, making Japanese origami nametags and learning about French autobiographies.

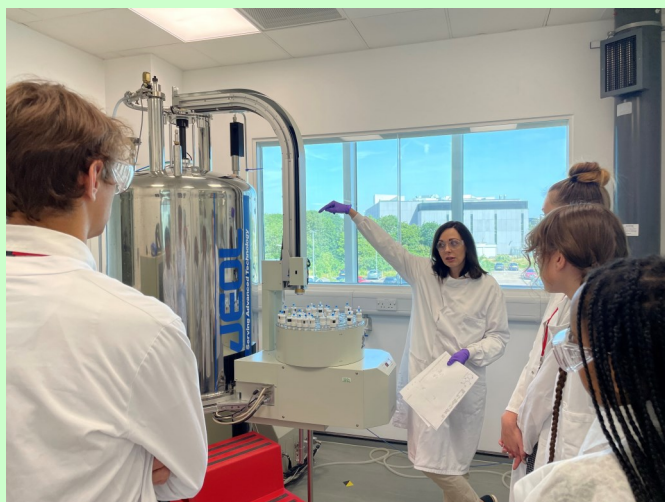


Megan Dhliwayo - 12HON

Life Arc Chemistry Visit

On 15 June, our chemistry class was lucky enough to visit Life Arc in Stevenage. Life Arc is in its early stages of testing to produce new medicines, for example, cancer medicines.

We were welcomed by staff who we got to know more about later. Then, we were split into three groups in which we stayed for the rest of the visit. My group started off with a university student (Abby) who is doing her placement at Life Arc. She explained to us the area she focuses on in her chemistry degree, which I found particularly interesting. Throughout our hour with Abby, she had different objects on the table, and we were able to smell and observe them while she showed us the chemical and skeletal formulae for them; some examples of these objects are catnip, fluorescent lights and rose water. Near the end of this hour, Abby explained to us how an NMR (nuclear magnetic resonance) works as we have not learnt about this analytical technique in school yet.



After this, we had some time to spare, so Abby then walked us through her academic journey, and gave her advice on university and the application process.



My group was then taken upstairs to see the Labs where all the magic happens! A chemist who works at Life Arc, then walked us through techniques that take place in the lab (for example Thin Line Chromatography and purification) while asking us questions about it, which I found helpful and interesting. Finally, we were taken into the NMR room to see an NMR machine in action.

I think I can speak for our whole chemistry class when I say that we are very appreciative to be given this opportunity by the school to visit Life Arc but also to the staff in Life Arc for being so helpful and welcoming.

Riley Jones - 12KKI

Jamie's Farm

Last week, Bronny, from Jamie's Farm, came to see the Year 7 students who visited the farm in March. Whilst she was here, she updated the students on the farm and explained how the animals were getting on. Afterwards, we watched a video showing the highlights of their trip to the farm, watching all the activities the children took part in, such as feeding rounds and cooking. The students were able to have a catch up with Bronny and reflect on how they had been feeling since the farm. Everyone was then given a certificate, celebrating themselves and all the amazing things they accomplished whilst at the farm.

Louise Boguzas



A' Level and GCSE Art Exhibition



A lovely evening was had by all at the Art & Design Summer Exhibition 2023. It was truly a celebration of the wonderful achievements of all our Year 11 and Year 13 Art students. We thank their friends and family for supporting them and wish them all the very best for the future.
The Art Department

Friends of Nobel School (FONS) News

Another quick reminder, that time is running out if you want to purchase tickets, priced at £1 each, for the FONS Annual Raffle. The gateway will close on Monday 3 July and the winners will be drawn at the FONS meeting on Tuesday 11 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.

The FONS meeting on Tuesday 11 July is the last of this academic year, and will take place at 7pm in the school library. We would love to see you there.

Listed opposite are details of The 100 club winners for the previous three months. If you are interested in joining the 100 Club, please email the FONS treasurer Jodie Laing - jlaingseattle@gmail.com

April 100 Club winners

1st prize	Becky Cox	21	£26
2nd prize	Grace Thompson	79	£16

May 100 Club winners

1st prize	Mrs F Thomas	86	£26
2nd prize	Neil Pedder	50	£16

June 100 Club winners

1st prize	Ann Tooley	44	£26
2nd prize	Angela Grant	62	£16

Thank you for your continued support.



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



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NOBEL SCHOOL PARENTS, STAFF and COMMUNITY BOOK GROUP

The next meeting will be held in the
Library, 6:30pm, on Tuesday 11 July 2023

The book to read is:



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

Contact: Rosalind Essakhi:

01438 222600 or email:

library@nobel.herts.sch.uk

Year 10 Sports Studies - Outdoor Adventurous Activities Visit

On Thursday 22 June, the Year 10 Sports Studies students travelled to Stanborough Park in Welwyn Garden City to complete Outdoor Adventurous Activities for the R187 unit of their course.

Students studying the OCR Sports Studies course must plan for, and take part in, an outdoor adventurous activity, which is worth 20% of the final overall sports studies grade.

The first activity took place in the morning where the students participated in kayaking on the North Lake with GLL. After a thorough safety briefing had been conducted, they were able to choose to take part in a single or double kayak. Once the students had gathered their vessels and paddles, they took to the water where they learnt how to turn and control the kayak.

Having met at the pontoon at the end of the lake, the instructors allowed the students to race. Across the duration of the morning, the students showed a great awareness for safety and were able to problem-solve whilst on the water. The session finished with a game of throw and catch, where the students had to move in their kayaks to make the most successful passes.

In the afternoon, we travelled across to the South Lake where the students took part in the High Ropes Course and Zip Line through Vertigo Adventures. The students were split into two even groups with one group completing the zip line and the other group completing the high ropes course, which was the highest course available. Both of these activities required a high level of self-belief, confidence and determination. It was fantastic to see the group pushing themselves out of their comfort zone to complete both activities.

Across the course of the day, students were being assessed on safe practice and the different skills they showed whilst completing the activities. Some of these skills included communication, teamwork, self-belief, problem solving and determination.

Since students have been back at school, they have been using their sports studies lessons to complete their risk assessments, full plans, emergency procedure plan and evaluation for the trip. This forms a large part of their coursework and overall grade.

Well done to all the students who took part – you all did Nobel proud.



District Athletics at Ridlins

On Wednesday 21 June, the Nobel School Year 7 and 9 Athletics Teams travelled to Ridlins Stadium for their final fixture of this season. This time Nobel went up against Hitchin Boys' School, Hitchin Girls' School, Marriotts School and Thomas Alleyne Academy.

It was fantastic to be able to see the students in action once again, with a previous fixture already under their belts. The dedicated teams utilised the Tuesday training session to practice for their events to ensure they were as prepared as possible for the competition.

Some highlight results were as follows:

- ◆ Aubrey's first place in the Year 9 Boys' 1500m with another impressive run.
- ◆ Jaydon's second place in the Year 7 Boys' A 200m.
- ◆ Archie's first place in the Year 7 Boys' B 200m and Shot Putt.
- ◆ Lily's first place in the Year 7 Girls' 800m with a personal best.
- ◆ Bethany's second place in the Year 9 Girls' 800m.
- ◆ Malachi's first places in the Year 7 Boys' A 100m and High Jump.
- ◆ Lenny's first place in the Year 7 Boys' 800m.
- ◆ Rhys' first place in the Year 7 Boys' Javelin.
- ◆ Evie's second place in the Year 7 Girls' 1500m.



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

A special mention must go to the Year 7 Boys' team who finished in second place, just a single point behind Hitchin Boys' School in first. This is a fantastic achievement.

Mr Regan Carolan
PE teacher

Dates for your Diary

Monday 3 - Friday 7 July: Y10 and Y12 Work Experience Week

Monday 3 and Tuesday 4 July: KS5 Induction Days

Tuesday 11 July: FONS Meeting, 7pm in the Library

Friday 14 July: Sports Day

Thursday 20 July: Last day of Term

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Department for Education

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Staying safe at Nobel

Don't Smoke? Don't Start to Vape. The message to children and young people

Information and conversation starters about vaping for parents and carers

The number of 11-17-year-olds using vapes in Great Britain has seen an increase, reaching 7% in 2022 compared to 4% in 2020. While this trend is worrisome, it's important to note that most vaping among young people is experimental. Regular vaping is primarily limited to children who currently smoke or have a history of smoking. The surge in youth vaping coincides with the introduction of inexpensive and appealing disposable vapes. These products have gained popularity among children and young adults, largely due to extensive promotion on social media. National and local efforts are underway to tackle the issues.

The law and vaping

The sale of vapes and vaping products containing nicotine is illegal for individuals under 18 years old, just like tobacco products. Adults purchasing these items on behalf of minors are also committing an offense. If you come across anyone unlawfully selling vapes or tobacco, you can report them to trading standards through the Citizens Advice online portal.

Advertising of all tobacco products is illegal, but if you encounter vape advertisements that appear to target children and young people, you can report them to the Advertising Standards Authority.

Having conversations about vaping with your child

- ♦ Take advantage of relevant moments to engage in conversations about vaping with your child. This could be when you encounter someone vaping, pass by a vape shop, or come across advertisements. Ask your child what they think about vaping, whether they know people who vape and why they believe individuals choose to do it. Remember to:
- ♦ Listen attentively, learn from their perspective, and use your knowledge to help them understand the facts.
- ♦ Emphasise that vapes are not harmless.
- ♦ Discuss your expectations, explain your concerns, and clearly communicate why you want them to refrain from vaping or smoking.
- ♦ Express your care for their wellbeing and highlight that sellers who knowingly provide vapes to minors prioritise profit over their customers' welfare.
- ♦ Explore the various reasons why children may be tempted to vape, such as fitting in, curiosity, or stress.

Together, develop effective ways for your child to respond if they feel pressured to try vaping and practice. You can also encourage them to visit Frank for straight-forward information and advice on vaping.

For more guidance on vapes and quitting smoking, visit Health in Herts or read the Action on Smoking and Health Briefing.