Nobel News

10 November 2023 Edition 12.04



From the Headteacher

Dear parents and carers

As you will know, 11 November is Armistice Day or, as children sometimes call it, Poppy Day. It marks the end of the First World War; the ceasing of hostilities began at 11am on the eleventh day of the eleventh month, November 1918. We had a minute's silence at school at 11am today, Friday 10 November, and we asked our young people to think of the people who died fighting in both World Wars, and the other conflicts in between. However, on this occasion we reminded our students of the wars that are currently raging in various parts of the world, asking them to think of the tragic loss of life in Palestine, Israel, Syria, Congo, Sudan, Ukraine, Afghanistan and all the places around the world where war continues.

It is hard for all of us to comprehend after the awful conflicts of the last century and the sadness and destruction that war brings, that human beings are still killing each other around the world. And this, despite the technological progress that humans have made. It is depressing to think how technology has benefited so many in the world, yet the majority still lives in poverty or at war.

It is therefore imperative that, in school, all our Nobelians feel safe and that, at least in our small community, we can value and celebrate that we may come from diverse backgrounds but, essentially, we are all the same.

Our thoughts at Nobel are with the people who have died in wars and for those who live in war zones 105 years after the Great War, which was supposed to be the war that ended all wars.

Kind regards

Martyn Henson

Year 11 visit to The Globe Theatre

On Thursday 21 September, we had the pleasure of taking forty Year 11 students to see the Royal Shakespeare Company's autumn production of Macbeth.

We travelled to London by train and enjoyed a cultured London's Southbank, before students along experienced Shakespeare's tragic tale as groundlings (standing for the entire performance). The performance gave students a real insight into what Shakespeare's encountered: audiences would have audience participation and actors walking through the crowds. giving them a real immersive and unforgettable experience.

The students behaved impeccably throughout their visit, with many of them desperate to return to the famous theatre. Hopefully, this performance has inspired their study of Macbeth, which they are now focusing on in their English lessons.





Mr Sam Paul
Lead Practitioner for English



Focus on Careers Education

At Nobel, we are committed to provide an outstanding Careers Education and Information, Advice and Guidance (CEIAG) programme for all students. With this in mind, we would like to give parents advance notice of our annual work experience week, which will run from 1 - 5 July 2024 for Years 10 and 12, and the work shadowing day on Friday 5 July for Year 8 students. More information on careers education at Nobel can be found on our website, via this link: https://thenobelschool.org/careers/

Information specific to the work experience week is also available:

https://thenobelschool.org/wp-content/uploads/2023/11/Parents-information-evening_February2024.pdf https://thenobelschool.org/wp-content/uploads/2023/11/Yr8-Work-Shadowing-information-pack_24.pdf https://thenobelschool.org/wp-content/uploads/2023/11/Yr10-Work-experience-Info_2024-1.pdf https://thenobelschool.org/wp-content/uploads/2023/11/Yr12-Work-Experience-info-2024-1.pdf

Miss Jemma Savo
Assistant Careers Co-ordinator

An Introduction to our Science Ambassadors

Hello to everyone from Haseeb and Amelie, your Heads of Science Ambassadors for 2023/24.

We are delighted to have been chosen as the representatives for science and we will be telling you about what this means to us and how we aim to fulfil our roles.

First of all, let's start with the entire team of ambassadors, who will be helping the science department this year:

Biology Ambassador	Chemistry Ambassador	Physics Ambassador	Applied Science Ambassador
Safah Zahid	Ana Gavriliuc	Muhammad Imran	Lucy Shackell
Olivia Kempster	Sophia Jami		
Gauden Kagimu			

Science Subject Ambassadors

- Anesu Chifamba
- Mahi Parmar
- Giovanni Udom
- Laga Gogognon
- Kisaka Suamina

My

- Saira Asad
- Ioana Turlea
- name is Amelie, and I am the new Head of Science (alongside Haseeb) and, together, we work in parallel with the science department to represent science and expose students to all its workings, especially beyond the

students to all its workings, especially beyond the classroom, enabling them to enjoy some practicals that can help them to understand what all the hours in the classroom are allowing them to do.

Throughout this year, the science department will be playing host to numerous events for all year groups, such as Science Week from the 11 - 15 March. There are a variety of clubs that allow students to further their knowledge, and experience science outside of exam questions and classes. These include Science Club, Spy Club, Astronomy Club, Nature Walk Club and multiple other clubs that the science team run outside of the classroom. If you are interested in any of these, be sure to sign up through Arbor.

We have told you what we are, but what does that mean?

To those people who are looking for extra support in science, the science department and the science ambassador team are here to support you. We will be running GCSE interventions for Combined Science and Triple Science to allow students to get more one-on-one support with revision and be able to feel more confident when going into exams. We hope that this will help to lessen the stress of GCSEs and, ultimately, help maximize grades.

As ambassadors, one of our main roles is to help the younger years with their academic studies within science and inspire them to enjoy science in the future. Lower down the school, we have a 'Buddy' system, linking Year 7 students to a science ambassador, and this partnership will be beneficial in making students lower down the school feel safe and to build up their self-confidence, learning to trust their own knowledge.

Science ambassadors will play a major supporting role within the science department, including running assemblies for science week, as well as many more opportunities for the younger years to interact with these subject ambassadors, helping to create a lasting bond with them.

We sincerely hope students decide to engage with us in science, and sample some of the amazing activities the science department is offering. If you have any questions or worries about science, please let your science teachers know or, if you would like to talk to another student, please email myself or Haseeb

18powellt@nobel.herts.sch.uk & 18ahmedt@nobel.herts.sch.uk

Amelie Powell – 12JSO

Year 11 Geography Field Trip

Just before half term, the year 11 geography students visited Hunstanton to investigate two questions:

- 1. Does the coastal management meet the needs of the town, and
- 2. When is traffic worst?

To answer these questions the students collected data in a number of different ways. They compared some old photos with how the area looks today to see the changes in the coast, they scored the sea defences depending on how reassuring, stable, and visually pleasing they looked, and measured the number of vehicles passing at different times of the day.

The students were also able to see some real life examples of what they've learned, such as: wave cut platforms, collapsing cliffs, sea walls, groynes and local fish and chips!

We are now analysisng the data the students have collected and are using that to see if our hypothesises are correct or not. The students will be tested on this in their GCSE exams.



Mr George Breese Head of Geography









Year 9 Girls' Football Tournament

On Monday 30 October, the Year 9 girls' football team headed to The Priory School for the District 6-a-side Football Tournament.

The girls worked so hard during the games, and scored some wonderful goals by Rachel Bell. Chloe lles also made some great saves in goal to keep the scores against us low. Eva Baker had a wonderful tournament with her consistent tackling to win the ball back for the team.

A fantastic effort by the team. We are excited as they now have further games this year at 9-a-side.

Mrs Jackie Saville

PE Teacher



Well done to Eva Baker, Sophie Barker, Rachel Bell, Abi Iles, Chloe Iles, Amelie Moore, Amelie Moran, Lara Reynolds and Sofia Turcescu

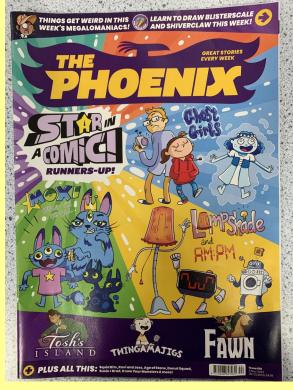
Competition Success

Amber Fraser, year 10 Graphic student, came runner up in an illustration competition for the Phoenix magazine. Her illustrations featured on the front cover and in the article, showing her talent and brilliant creativity. A budding artistic talent! We are very proud to have her in graphics.

Miss Angela Massey
Teacher of Art & Design









Miss Henson's Travels

As many of us know, Miss Henson left Nobel over half term, after 4 years at the school. She has since started her travels and, after a gruelling 15+ hours of travelling, she has settled at a school in Uganda for students with SEN.

Despite missing staff and students from Nobel, she is really enjoying her time so far. She's already teaching lessons, making dolls and sampling the local cuisine (a chicken tikka masala). Even though we'll miss her in our community, it's great to hear she's doing well and we're all proud of the work she is doing.

Well done Miss Henson, we look forward to your next travel update!













Year 7 Create the Corner Shop

During the summer term, Year 7 produced some amazing textile pieces. Based on the artists, Kate Talbot and Lucy Sparrow, the students learned to experiment with new textile techniques and applied the use of applique onto their chosen food packaging shape. Working in pairs they were able to choose the decorative fabrics and, using Bondaweb, created some colourful artworks which are now displayed in the Art Department.



Mrs Angela Pavlou
Technology Technician





Senior Netball Tournament

On Monday 6 November, Mrs Jones took the senior netball team to Priory School for a tournament against our local rival schools. It was the first time the girls had played together and they spent time learning each other's names on the bus.

We arrived onto the blustery netball court nervous but we set ourselves the target of scoring a few goals. However, the girls were incredible. They played 8 games, winning 5 of them and losing another narrowly by just one goal.

Their play improved throughout the games, and we finished the tournament scoring goals from making just three passes from the centre pass! Some coaching from our experts Lauren, Ama and Caitlin was well received and the girls worked together fantastically, considering they were from three different year groups.

We were surprised to have finished third and we celebrated with a karaoke session on the way home.

Mrs Chloe Jones
PE Teacher



Shout out to:

Year 11 - Lauren Davey

Year 12:

Erin Austin
Natalie Manyenga
Lucy Shackell
Zoe Taylor
Imogen Spiller
Sasha Havard

Year 13:

Caitlin Pickett Ama Adade



NOBEL PE AND DANCE

AUTUMN TERM SEPT-DEC

	Lunch-time 1:35-2:00pm	After School 3:05-4:05pm	
MONDAY	Fitness Suite – Year 7 only CHL Badminton – KS3 only RCN Choreography club – all years	Boys football – all years LPY/PWR/DSN/JFK/SHS Netball – all years RCN/CHL	
TUESDAY	Table Tennis – KS4 only LPY Basketball – KS4 only SHS/JFK Musical theatre club – all years	Staff meetings	
WEDNESDAY	Fitness Suite – all years DSN Badminton – KS4 only NCT	Staff meetings and fixtures	
THURSDAY	Fitness Suite – all years RCN Basketball – KS3 only JFK Tap Dance club – all years	Rugby – all students/all years JFK/CHL Dance club – all years	
FRIDAY	Fitness Suite – girls only JSE Table Tennis – KS3 only JFK	Year 9 and KS4/5 Girls Zumba, Bounce and Fitsticks RCN Girls Football – all years JSE	

"To encourage maximum participation through an inclusive curriculum, inspiring students to fulfil a lifelong, healthy, active lifestyle."

Please see the PE Department and Dance Extra-Curricular Clubs list for this term.

Linked to our department vision, our aim with extra-curricular is to give students the opportunity to be active, socialise and have fun whilst encouraging students to fulfil a lifelong, healthy active lifestyle.

Many of the clubs will prepare our students for upcoming inter-school fixtures. **Extracurricular fixtures this half term:** Years 7 to 13 boys football, Years 7 to 10 basketball, Years 7 to 10 netball and Years 7 to 9 boys and girls rugby.

Please note, following the change of timings of the school day, after school clubs will run from 3:05-4:05pm.

To sign up for a club, please visit the Arbor Parent Portal or email Regan.Carolan@nobel.herts.sch.uk.

If you have any further questions, please speak to the PE Department.

Mr Regan Carolan
Teacher of PE

Basketball Match at the Queen Elizabeth Olymypic Park

On Friday 3 November, twenty Nobel students attended The Copper Box Arena, situated within The Queen Elizabeth Olympic Park, to watch the London Lions basketball team take on Bristol Flyers. This was a fantastic opportunity for our students to watch a professional game of basketball, watching some of the best basketball players within the country.

The students were overwhelmed by the size of the arena and how professional the set up was. We were lucky enough to receive tickets for courtside seats, bringing us closer to the action. Around the arena were several scoreboards, TV screens, commentators and cameras ready to watch the action unfold.

From the starting tip off, the London Lions were the dominant team gaining a comfortable winning margin against Bristol through several impressive 3-pointer shots. The atmosphere in the arena was electric and our students were keen to get involved; so much so, many of the students lost their voices and were quiet on the way home!

During timeouts and breaks between quarters, there was lots of half-time entertainment to get involved with. Jayden was the lucky winner of a London Lions t-shirt having been selected by one of the cheerleaders. Further to this, Jayden was then called down to the court to take part in a "time-out shoot out challenge." Unfortunately, there wasn't enough time for Jayden to have his moment under the lights.

At the end of the game, the students were able to meet some of the players and get photos with them. Throughout the trip, both in the arena and travelling to London, the students demonstrated exemplary behaviour, showing true Nobelian qualities. It was an absolute pleasure to take the students to London, which, for some of them, was their first time in the capital, let alone watching a professional basketball game.

Mr Regan Carolan
Teacher of PE

Student report

The game took place inside the Copper Box Arena (home to basketball in the 2012 Olympic games) in London. The arena was full of spectators and even some celebrities. All of the spectators were chanting during the basketball game and cheering on the London Lions.

Throughout the game, we were able to witness several incredible shots with both teams attacking at pace. There were lots of substitutions throughout the game to keep the players fresh. This meant the Lions were nearly able to score 100 points against the Flyers.

The London Lions beat the Bristol Flyers 95 points to 67. After the game we were lucky enough to take photographs with the players. It was incredible to see just how tall some of them are! The entire experience was exhilarating and I will remember it for a long time.

Thank you to Mr Carolan and Mr Perry for taking us on the basketball trip.

Aubrey Murray - 10M JRN





PE Club Spotlight:

Year 9 and KS4/5 Girls' Bounce, Zumba and Fitsticks Club

Day: Friday

Time: Afterschool, 3:05-4:05pm

Location: Dance Studio
Club lead: Mr Carolan

Following on from its successful inception within Health-Related Fitness schemes of work, in the previous academic year, yet another new way of keeping fit has been led during core physical education lessons; Bounce. This follows on from the hugely popular Zumba and Fitsticks.

Zumba and Fitsticks combines exercise and choreography with infectious music to keep participants motivated. The club is a cardio-based session where the students work incredibly hard to follow the routines and keep in time with the music.

Bounce is a resistance-based exercise class, choreographed to banging tunes. They are high cardio workouts but have a low impact on the body and mind. Bounce classes are performed on mini trampolines.

It has been fantastic to see so many students motivated to take part in physical activity and have fun with their friends.







Here are some of the student voice comments from those who attended or led the club:

"I love that I am starting to learn the routines."

"I have been participating in these sessions for the physical part of my DofE assessment."

"I didn't realise that exercising could be so much fun! I love trampolining."

To sign up for a PE club, please visit the Arbor Parent Portal or email Regan.Carolan@nobel.herts.sch.uk.

If you have any further questions, please speak to the PE Department.

Mr Regan Carolan
Teacher of PE

Super Curriculum Reward

How many tasks can you complete?

The top 30 students who gain the most Nobel Super Curriculum ABC points will be invited to a special pizza party celebration at the end of the Summer term!



Enjoy tasks. Receive ABC points. Be proud. Celebrate. Eat pizza.



Friends of Nobel School (FONS) News

Friends of Nobel School is our parent and community organisation, that helps raise funds for a variety of projects at Nobel School.

Our next FONS meeting is on Tuesday 14 November at 7pm in the Nobel Library.

Our first event of the year is the ever popular Year 7 and 8 disco, which takes place this evening, Friday 10 November from 7.00 - 9.00pm.

You can also help by joining the monthly raffle called the '100 Club'. Each person who joins pays £2 per month per number. Half of the money goes to support projects at Nobel and the other half is paid out in two monthly prizes. First prize is £24 and second prize is £16.

If you would like to join the 100 club or simply want more information about it, please contact the FONS treasurer, Jodie Laing, at jlaingseattle@gmail.com

September 100 Club winners

1st prize	Cheryl Hodgson	47	£24
2nd prize	P Males	43	£16

October 100 Club winners

1st prize	Rachel Buttress	16	£24
2nd prize	Grace Thompson	79	£16

Thank you for your continued support.

Developing Character

For the next two weeks of school, character focus is on the Nobelian virtue of being Grateful.

The Character Conundrum for 06/11/23 - 17/11/23 is below. Please can you take some time during the fortnight to read through this with your child and discuss what the right moral choice would be.

Character Conundrum 4

Mary is in year 8 and, until recently, popular at school. Lately, she started finding notes in her locker and in her bag that were really upsetting. The notes were unsigned and mean. Mary had no idea who might be sending the notes, but she had an idea why. In the last few months, she had started dating a boy in the school, but it had ended badly, and he had said some unkind things about her. She had a feeling that the notes were from some of the girls who were friends with the boy. She knew how gossip got around and how mean other people said these girls were.

What was she supposed to do? Almost every day this week she received a note. She felt angry, scared, and hurt. She showed the notes to two of her friends. One of them said that whoever is sending them was probably just jealous and she should just ignore them. The other friend said she should show them to a teacher.

Mary felt like there was no good choice. If she tried to ignore the notes, she was afraid they would just continue, and she was not only scared, but she was also mad. She wanted them to stop. But if she turned in the notes, she was sure the whole school would find out the content of them and she would probably have to name names as to who she thought was sending them. If the gossip was bad now, wouldn't it be worse then? What should Mary do?

Support

The combination of school gossip and how teenage girls deal with communication can be particularly difficult to deal with. The challenge with bullying and gossip is that, while it is a community problem, adults cannot powerhouse in, make that lofty point and then exit without realising that Mary is going to bear the brunt of how the "community problem" is handled.

We cannot get up in arms, use Mary's terrible and personal situation as an example to the community, and then leave her to bear the consequences. Young teens understand this fact before they can articulate it well.

So, the trick in talking about this case with students is to validate those who are genuinely concerned about Mary's welfare if she goes to the teacher. If we help those concerned students articulate what they are really worried about, then we can show them that going to an adult is the right thing to do, that this is primarily about Mary, and that the adults need to honour what is best for her but that it is, indeed, a community issue. No one wants to be in a community where people are allowed to threaten someone else.

Questions

- Can you identify the moral dilemma in this situation?
- What do you think Mary should do?
- Would you do the same thing?
- What do you think would happen to someone in your school who was in Mary's situation? (i.e. would she get backlash for hooking up with older guys? Would people gossip about her?)
- How does gossip play a role in your school, in your community?
- Have you ever been in a situation like Mary's? How was it resolved?
- Why do you think people gossip? Have you ever gossiped about someone? Why do you think you did?

Mr Nick Brown
Assistant Headteacher

Library News

We are pleased to announce our forthcoming Scholastic Book Fair, which will be held in the Library from Wednesday 29 November until Tuesday 5 December 2023.

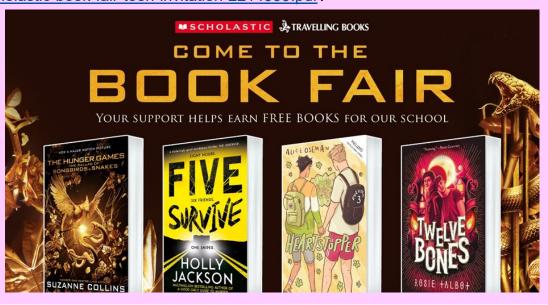
Please use this link to browse the leaflet to see a selection of books available

https://images.scholastic.co.uk/assets/a/63/3b/scholastic-book-fair-teen-invitation-2214999.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.



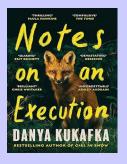
Mrs Ros Essakhi Librarian



NOBEL SCHOOL PARENTS, STAFF and COMMUNITY BOOK GROUP

The next meeting will be held in the Library, 6:30pm, on Tuesday 12 December 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



Talking mental health with young people at secondary school



Some advice for parents and carers

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:

- · The adolescent mind
- · What is therapy and how does it work?
- Why do some people self-harm?
- · What is trauma and how does it affect the brain?
- Is medication for mental health problems safe?
- The impact of sexual material online
- What do we know about anxiety and what can parents do about it?
- What is ADHD and what help is available for children with ADHD?
- What do we know about eating disorders and how to cope?

ChildLine for 18s and under

Youth Wellbeing Directory youthwellbeing.co.uk

Anna Freud National Centre for Children and Families www.annafreud.org YoungMinds Parent Helpline 0808 802 5544

CHILD

MIND

NSPCC 0808 800 5000

The Mix www.themix.org.uk

MindEd for Families www.minded.org.uk/families

About the Anna Freud National Centre for Children and Families

The Anna Freud National Centre for Children and Families has developed and delivered pioneering mental health care for over 60 years.

Our aim is to transform current mental health provision in the UK by improving the quality, accessibility and effectiveness of treatment.

We believe that every child and their family should be at the heart of the care they receive, working in partnership with professionals.

Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a regist

Anna Freud Centre Kantor Centre of Excellenc 4-8 Rodney Street

N1 9JH

Supported

It's good to talk

"The teenage years are both exciting and challenging to parents and children. Children start to see a future independent of their parents while parents have to find new ways of protecting a young person who may choose to turn to peers rather than parents for support.

This period can be a confusing and testing time which can be hard for parents. Most young people navigate their way through adolescence. However, for a small number of children problems can become persistent and can threaten the connection between parent and child. Talking early on, before problems become too ingrained, almost always helps.



Sometimes we stop talking because we don't know what to say. We hope this leaflet may help. Of course, we all know that it's not always possible to talk, but it is always good to make the offer. Sometimes supportive friends or a trusted adult – perhaps a teacher – can help. Professionals are there, but even if their help is required, it is still good to talk."

Professor Peter Fonagy, CEO of the Anna Freud National Centre for Children and Families

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!

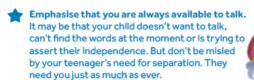
A rollercoaster of changing emotions and feelings that come and go is completely normal at this age. Feelings and moods that become a problem are those which last a long time, become overwhelming, and stop your child from doing what they want to in their lives.

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.

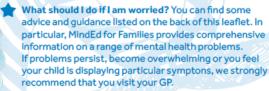














Nobel Remembers





Art Club Celebrates Halloween

Art club has spent the first half term exploring and experimenting with clay in their after school sessions.

The students made a spooky tea light holder for Halloween. The photo shows some great examples from Izzey Currell, Lucy Baker, Ella Springall, Sofia Pérez Moore, Paige Fowell and Bailey Hessing.

Miss Sharon Sears



Admission Arrangements for 2025/26

Nobel School is consulting on the proposed admissions arrangements for the school year 2025/26 and is seeking responses from parents & carers, schools and community groups.

The proposed changes are:

1. To give increased priority to children attending any school which is part of a formal Federation or similar arrangement with Nobel. These children would be ranked below siblings of current students and the children of staff. Children of staff at any such school would be given the same priority as children of Nobel staff.

To introduce a tie-break mechanism for external applicants to the Sixth Form

The consultation period runs from 30 October – 11 December 2023. Please send your comments regarding the proposals to admissions@nobel.herts.sch.uk

Hertfordshire County Council is also running a consultation on the proposed admissions arrangements for community and voluntary controlled schools for the school year 2025/26 and is seeking responses from parent/carers, schools and community groups.

HCC's proposed changes are:

- 1. If the proposal to close Hexton Primary School [Hitchin] is approved, to amend the admission arrangements for Pirton Primary School to give increased priority to children from the parish of Hexton.
- Amend the schemes of coordination to clarify The funding agreement process for new or proposed free schools, the process for informing the home LA of a school's decision to increase their PAN and to reduce the timescale for responding to allocations from 14 days to 7. This will allow more time for effective processing of responses prior to the next allocation round.

Retain the remainder of the county council's existing admission arrangements for 2025/26, including PANs, Relevant Areas and schemes of coordination.

The consultation period runs until 11 December 2023. Please visit www.hertfordshire.gov.uk/
admissions 2025 for more information and to respond online.

Dates for your Diary

Wednesday 22 November - Meet the form tutor

Friday 24 November - Occasional day, school closed

Monday 27 November - Friday 8 December - Y11 mock exams

Monday 18 December - KS5 Presentation evening

Wednesday 20 December - Last day of term

Monday 8 January—Students return to school at 11:20am

