Nobel News

24 November 2023 Edition 12.05



From the Headteacher

Dear parents and carers

Let me start this week by telling you of a Nobel dynasty. Below are three Nobelians whose connections with our lovely school go back nearly 50 years. In the middle, Joyce Vernon, who was head of PE and SENCO Educational Needs Co-(Special ordinator) at the school for many years; on the left, is Julie Vernon-Hamilton, who attended the school over 45 years ago and, on the right, is Julie's daughter and Joyce's granddaughter, Chloe Hill, who started teaching at Nobel last summer.



With Physical Education in mind, I would like parents to be aware that there was a huge amount of extra-curricular sport over the last fortnight, I counted 16 fixtures or events, as well as all the lunchtime sport, drama and dance clubs that happen day in day out. May I thank the PE staff for this unglamourous, but enormously important part of our lovely school.

Thanks too to Mrs Pearson and Mr Mienczakowski, who were invited to talk to other heads of science in Hertfordshire about the meteoric rise of the results in science. It has not been easy but, this summer, everything fell into place. Well done to science!

Finally, it was great to see so many parents at the 'meet the tutor' afternoon and evening. Now that our parents' evenings are all on-line, this is the only time we get to meet most of you face-to-face. These meetings are so important in building good relationships between school and home.

Wishing you all a relaxing weekend.

Kind regards

Student Sporting Successes - Taekwondo

We were delighted to hear of some fantastic sporting achievements by one of Year 7 students. Eden Brown (7C DAN) recently competed internationally in the Ireland taekwondo open competition. Eden won several of his competitions including:

Gold medal: individual poomsae Gold medal: doubles poomsae Silver medal: contact sparring

Taekwondo is a Korean martial art involving punching and kicking techniques. It is a highly skilled sport, requiring a high level of fitness.

Well done Eden, we are incredibly proud of you!





Student Sporting Successes - Atheletics



This season, Jasmine and her team won the plate final which is a fantastic achievement.

Well done Jasmine, we are incredibly proud of you!

Congratulations to Jasmine Stiles (7E LBT) who is a member of the Stevenage & North Hertfordshire Athletics Club, which trains out of Ridlins Stadium. Jasmine trains two nights a week with the long throws squad and the multi sports squad, practicing her sprints and hurdles.

All of Jasmine's competition results are tracked and monitored and Jasmine has recently set new personal bests, receiving certificates, for the following events:

Discus Javelin 100m The PE Department are keen to celebrate students who compete in a range of different sports outside of school. If your child achieves any out of school sporting successes, please do not hesitate to contact Mr Carolan with a small report, which includes a photograph, which can be featured in the school newsletter: Regan.Carolan@nobel.herts.sch.uk

Mr Regan Carolan
Teacher of PE

School Games Boccia Competition

On Wednesday 8 November, The Nobel School Boccia teams travelled the short journey to Lonsdale School to take part in the annual Stevenage School Games Boccia competition.

Boccia is a precision ball sport, similar to bocce, and related to bowls and pétanque. It is played from a seated position.

Despite this being the first time the students had played together, this didn't show and they picked the game up incredibly quickly. They were able to work together in their team to suggest where and how hard to throw the ball to get closest to the Jack.

A thrilling contest finished with Nobel taking both the gold and silver medals, with the first placed team also becoming District Champions. This is a wonderful achievement and nothing short of what the students deserved for their effort, passion and teamwork across the afternoon.



Well done to Year 7 students: Leon M, Sammy B, Joey B, Alfie V and Year 8 students: Ella S and Paige M. You showed true Nobelian qualities throughout and did the PE Department proud.

Mr Regan Carolan
Teacher of PE

Duke of Edinburgh Award - Spotlight on Volunteering

Our students across Bronze, Silver and Gold levels are, between them, currently committed to volunteering over 100 hours a week to supporting our local community. At the end of each volunteering section, students receive a report from those they have helped, which details how they have helped support the local community. As many hours are dedicated weekly to charities and organisations I thought I'd share some of the thanks I am lucky to receive.

Thank you to our local community for providing valuable opportunities for our students to support others.









"Asset to have. We all miss her (and all the other DofE students) coming in to help."

"A huge asset to the club"

"A lovely girl, confident, well-mannered and supported in anything that was asked of her.

"The clients liked her and were disappointed when her time with us came to an end."

"Has helped me care for at least 25 cats and kittens over the time she has been helping"

"He did a weekly duty round to make sure the museum was welcoming for visitors"

"Helped a member of the community with a variety of jobs to help them lead a better lifestyle. These jobs included cleaning windows, gardening, doing the weekly shop and also washing and cleaning their mobility scooter, as well as accompanying them to a local garden centre on a day out."





Copper Coins

Year 12 chemists are studying redox this week and we discovered chemistry in action using some tarnished coins and household chemicals. The students showed curiosity and determination to complete this practical and tidy up in less than 10 minutes, at the end of the lesson!

We cleaned the tarnished coins using a mixture of white vinegar and salt, to expose the copper metal. You can see the results in the first photo (below). Some of the coins ended up shinier than others, mainly due to the state they were in when we started. We then left the coins out for the rest of the day. The second photo shows how they began to tarnish again in just a few hours. Gauden's and Haseeb's tarnished the most because there were still drops of vinegar clinging to them when they were left on the paper towel. Next to Safah and Haseeb's coins you can see some blue residue, this is probably copper (II) diacetate left behind as the coins dried off. Drew, Amelia, Oliva and Sophia's coins show a pink-ish sheen and mine stayed shiny because it was shiniest to start with and I rinsed the vinegar off at the end. You can try this practical home https://www.youtube.com/watch? at v=NaJIEyxHdHE but please ask the person who's in charge at your house.

If you have some tarnished copper coins, you may be able to see the shiny copper metal (Cu, oxidation state 0), pinkish coloured copper (I) oxide (Cu₂O, oxidation state +1), black copper (II) oxide (CuO, oxidation state +2) and possibly even green coloured Verdigris which is caused by a mixture of different copper compounds. If you want to know more, follow this link to the Royal Society of Chemistry

https://edu.rsc.org/resources/verdigriscopper/1952.article.

Ms Anna Redmond Head of Chemistry

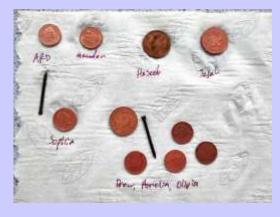












Developing Character

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

The Character Conundrum for 20/11/23 - 01/12/23 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 5

Jeff and his best friend, Steven, go to different secondary schools. They have been friends since primary school but, since, they have started to grow apart. One Saturday, Steven asked Jeff if he would come with him to a house on the other side of town. Steven said that he would not be able to go without Jeff's help and they never got to see each other anymore. Jeff agreed and they left that afternoon after telling Jeff's parents they were going to another friend's house.

When they got there, Steven asked Jeff to wait outside while he ran inside for a few minutes. After Steven returned, Jeff asked what was going on and Steven pulled out a bag of drugs. He admitted the person he was visiting was his drug connection and, when Jeff asked him why he did not tell him that was why they came to the house, Steven said he did not tell him because he figured Jeff would not go.

That night Jeff could not sleep because he felt overwhelmed by what he had found out. He knew drugs were no good and that Steven would continue using. He was angry that Steven had put him in the position of traveling with an illegal substance but, even more importantly, he was worried about his friend.

Jeff had promised Steven he would not tell anyone about all this, but it was driving him crazy. He had a teacher at school he really trusted. He wanted to go to him and ask his advice. But what if the teacher decided to turn in his best friend? Jeff was torn about being loyal and how best to protect Steven.

Support

This case brings to the surface one of the most important aspects of being a teenager. No matter how good a job adults do communicating with teens, or how close teens are to their parents, teachers, or coaches, their most important loyalty and connection is to their peers. To positively influence teens, we need to work creatively and diligently because even if that influence from peers is negative it is still, at crucial times, more powerful than an adult's. That is why a teenager could know that a friend is in terrible danger but still be hesitant to go to an adult and betray that friend's trust and loyalty. It is imperative that the teen in conflict be reminded, challenged, and encouraged to see the larger picture of what is important about being a friend and what it means, ethically, to care about someone.

Teens often feel an overwhelming sense of responsibility and frequently do not know what they are supposed to take on and what they are not to. Jeff cannot control Steven, but he can protect himself. Also, it is never a teenager's responsibility to shoulder the knowledge that a friend could be in danger by himself or herself. How would they feel if something terrible happened to their friend and they did not ask for help?

Questions

- Can you identify the moral dilemma in this situation?
- What do you think about what Steven asks of Jeff? Is it fair? What would you do if your friend asked you to do the same thing?
- Have you ever been in a position where you had trouble saying you didn't want to do something with a friend? What obstacles did you face?
- What would you tell someone to do who was in the same position as Jeff?
- Do you think Jeff should talk to the teacher he respects? If not, should he talk to anyone else? If so, who?
- How do you think it would affect the friendship if Steven finds out that Jeff told an adult the situation?
- How do you think Jeff will feel if he doesn't tell anyone and Steven harms himself?
- How do you personally weigh the friendship against the fact that the friend is doing something illegal and potentially problematic?
- What do you do with those thoughts/feelings that can arise when you are doing something that you intuitively know is maybe not the best thing to be doing?

Critical Care Nursing

On Thursday 16 November, Stephanie Moore, a Senior Sister Critical Care Outreach Team at Lister Hospital, presented to students who had an interest in nursing.

Stephanie discussed the many ways into nursing, from GCSEs through to university. It was fascinating to hear Stephanie's career path and her continual development whilst working as a critical nurse in the ITU and then, subsequently, an outreach nurse at Lister hospital. She promoted the importance of mathematics and English at GCSE, the application of health & social care with relevance to anatomy and physiology, the importance of infection control and building positive relationships, all of which helped her career into nursing.

Students asked pertinent questions relating to her role, the role of the NHS through the covid pandemic and the importance of planning and assessing in her role, especially when many patients can often deteriorate quickly. The lesson was very interactive, she demonstrated some of the equipment and technology that nurses use daily and she also showed a range of CT and X-ray scans to show many parts of the anatomy. Students came away from the talk more informed of her role and the pathways into nursing, which, from feedback, excited many students.

Miss Jemma Savo

Health & Social Care Teacher







Running Club

Well done to those of you who are attending running club regularly. We can see improvements in all of you.

Running club is an excellent way to improve your overall fitness and have a relaxing end to the week. If you would like to join, please sign up on Arbor and meet us in Reception on Fridays, straight after school. If you have any questions, please ask one of the teachers who organise running club, Mrs Pearson, Miss Savo, Mr Mesher and Mr Bell.

Mrs Amy Pearson Running Club Picture of: Ajay, Josh Ching and Jayden Williams (and cheering us along, Elal)



PE Club Spotlight - All Years Rugby Club

Day: Thursday

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

Location: Field

Club leads: Mrs Hill and Mr Fitzpatrick

Since September, rugby club has been held on the field every Thursday after school for both boys and girls. Come rain or shine, rugby club will run every week, so be prepared to get muddy!

By attending rugby club, students are able to extend the knowledge they have obtained within their PE lessons – if they have covered rugby – and apply this to a range of fun activities and practice matches. The key skills are covered, including passing, tackling and support play.

Even if you haven't played rugby before, you will be able to learn new skills and find a love for a new sport.

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

- "I genuinely didn't think I would like rugby, but I attended the club and have recently attended my first fixture and have been loving it."
- "After starting rugby at Nobel, I now play for a club outside of school."

As featured in previous fixture spotlights and newsletter editions, the Nobel rugby teams have already started their seasons with some fantastic results. Students are able to see information relating to rugby on the fixtures noticeboard in the PE corridor.

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

Dates for your Diary

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



PE Fixture Spotlights - Autumn Term 2 Part One 2023

Please see below some of the sporting fixtures that Nobel have taken part in over the past few weeks, up to and including Thursday 16 November:

Date	Team and Sport	Opposition	Result
Tuesday 7 November	Year 9 Boys' Football	Barclay Academy	2-1 WIN
Thursday 9 November	Year 10 Netball	Barnwell	2-6 WIN
Thursday 9 November	Year 10 Netball	Marriotts	4-5 WIN
Thursday 9 November	Year 9 Netball	Barnwell	0-5 WIN
Thursday 9 November	Year 9 Netball	Marriotts	5-5 Draw
Thursday 9 November	Year 8 Girls' Rugby	Robert Bloomfield Academy	9-19 LOSS
Monday 13 November	Year 8 Boys' Football	Thomas Alleyne Academy District Cup	4-1 LOSS
Monday 13 November	Year 9 Boys' Football	Thomas Alleyne Academy District Cup	6-1 WIN
Tuesday 14 November	Year 8 Girls' Football	Barnwell –Tournament	2-0 WIN
Tuesday 14 November	Year 8 Girls' Football	Priory – Tournament	1-2 WIN
Thursday 16 November	Year 9 Boys' Football	John Henry Newman	3-2 WIN

Well done to all the students who have represented Nobel over the past couple of weeks. You have made the PE Department proud, showing true Nobelian spirit. Every student who represents the school and PE Department at extra-curricular fixtures are awarded with ABC points for each and every attendance.

A huge thank you to all the parents, carers and guardians who have taken the time to cheer from the sidelines for our teams, both home and away. This doesn't go unnoticed and is a big support for our students.

To find details of extra-curricular clubs and fixtures, please visit the Fixtures Noticeboard in the PE Department which features upcoming fixtures, results, players of the match and team sheets for each sport.

Mr Regan Carolan

Teacher of PE







Nobel Network - connecting students past and present

On Wednesday 15 November, Nobel Network Ben Delaune, delivered alumni, an presentation to our year 11 students about his career pathway leading up to his current role in Jaguar (Tata Steel). Ben was a student at Nobel between 1990 - 1997 and undertook his GCSEs and A' Levels at the school. Ben admitted that. unfortunately, he failed his A' levels at the first attempt and subsequently went out into the world of work, but quickly decided that the job he was doing was not for him. Ben enrolled at sixth form college, re-sat his A' levels, and managed to pass them all with A grades.

Ben then went on to Birmingham university, where he initially studied Chemistry but then changed course to Nuclear Physics, which is the field, in which he now works. Ben also studied for a PhD whilst working for the Faraday Institution, before changing jobs to his current position working for Jaguar (Tata Steel – an Indian company) where he is setting up one of the largest Gigafactories in the world.

Ben outlined the highs and lows of his career and really highlighted to the students that, even if you make mistakes, you can learn from them and still succeed in life. All the students really enjoyed the presentation and found it informative and motivating.





We would like to thank Ben for coming into Nobel School to speak to our students and Mr Barry Burningham, Nobel Network Co-ordinator, for facilitating this opportunity.

Mr Stephen Howells
Head of Enrichment





Anti-Bullying Week 2023

- Year groups had assemblies last week and completed follow up activities during form time
- We want the students and staff at Nobel to stand up to bullying and "make a noise" by calling out bullying when they see it, or call it in by letting us know about it via tellus@nobel.herts.sch.uk
- 'Go-to' Heads of Years, Student Support Officers & Form Tutors are here to support all students
- What is bullying? The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can by physical, verbal or psychological and can happen face to face or online.

Resources:

https://sandbox.mindler.co.uk/theresourcezone https://www.withyouth.org/how-we-help/instant-messaging/ https://www.justtalkherts.org/news-and-campaigns/anti-bullying.aspx

In addition, please see the Hertfordshire Children & Young People's Mental Health Service Directory - This is a comprehensive list of early intervention as well as specialist support available in Hertfordshire for children and young people's mental health.

Hertfordshire Children and Young People's Mental Health Service Directory

The services below provide a combination of early intervention and more specialist support for children and young people's mental health. Click the service name or scan the QR code to be redirected to more information.





- **L** Telephone service
- Online/virtual service
- 👫 Face to face service
- **♦** Referral required
- Reaching developmental and emotional milestones, learning healthy social skills and how to cope when there are problems.

 Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.
- Difficulties with normal life problems, poor self confidence, low self esteem, low aspirations, difficult family relationships, poor peer relationships, experimental substance misuse, bereavement, poor concentration, difficulty sustaining relationships, some worries, low mood.
- Many worries, high levels of anxiety, persistent low mood, body image concerns, behaviour puts peers at risk, persistent or high risk substance misuse, risk taking behaviour, unable to display empathy, difficulty coping with anger or frustration, bereavement by suicide/suspected suicide, withdrawn or unwilling to engage, disruptive or challenging behaviour, unable to maintain peer relationships (bullying, bullied or aggression etc).
- Mental health problems which are:
 - Persistent, complex and severe
 - Present in all environments (home, school, with peers)
 - Beyond a normal response to life's problems
- Deliberate self harm requiring hospital treatment, suicidal ideation with imminent plan and means, psychotic episode (hearing unexpected voices, unrealistic or racing thoughts not related to physical or substance misuse), intentional overdosing, persistent inability to engage with services or support offered, risk taking behaviour with no underlying mental health disorder, unresponsive to treatment and continuing to decline.

District Cross Country

This year's District Cross Country event took place on Wednesday 8 November, at Fairlands Valley Park. Fifteen different schools from across the district took part in the event including Barnwell, Marriotts, John Henry Newman and Knights Templar.

Students from across our school community took part in the event, from year 7 all the way up to year 12. The Nobel teams were selected in consultation with the members of staff who lead the Running Club and stand out performers from PE lessons.

Despite the adverse weather, the Nobelians were resilient in tough race conditions to represent the school superbly. The Year 7 boys and girls and Year 8, 9 and 10 girls ran one lap of the course, Year 8 and 9 boys and senior girls ran one and a half laps of the course and the Year 10 and senior boys ran two laps of the course.

Thank you to Mr Perry, Mrs Saville, Mr Sheahan and Mr Fitzpatrick who cheered on the teams from the sidelines and marshalled the course.

Some of the standout results were as follows:

- Aubrey took the gold medal for the Year 10 boys race
- Bethany finished an impressive 5th place for the Year 10 girls, out of 30 runners
- Miles finished in 4th place for the senior boys

Well done to the following students who represented the school superbly:

Year 7: Jasmine, Elana, Finley, Brian, Jack, Breeze, Mason, Jacob, Ethan

Year 8: Archie, Jaydon, Leo, Matt, Alex

Year 9: Josh, Tom, Harry

Year 10: Aubrey, Blake, Amani, Bethany

Year 12: Austin, Luke, Archie, Miles

Mr Regan Carolan
PE Teacher













U13 EFL Girls' Football Cup

On Friday 17 November, Mrs Saville and Mr Carolan were delighted to take the Nobel Year 7 and 8 girls' football team to participate in the U13 English Football League Girls' Football Cup which was hosted at the Hertfordshire Football Association Football Gound, based in Letchworth.

It must be said that the Year 7 girls came up against Year 8 students. In Ana's report below, you will see how well they played. The cup tournament was fantastic practice for the team which was the first time they have played together and will prepare them for this tournament in the next academic year.

Well done to all our Nobelians for working hard throughout the event, supporting each other and playing creatively with strength, determination and passion. Our students came up against some tough teams, but they had a fantastic afternoon and relished their opportunity to represent the school.

A special thank you must go to Ana and Austin who managed the Year 7 and 8 teams respectively on the day, having assisted with girls' football club since the start of the academic year. They have each written a report for their team:

Year 7

The Year 7 Girls played three games in the group stages. In each game the girls played they worked incredibly hard and continued to stay positive and keep their heads up even though two of our games resulted in a 1-0 and 2 -0 loss. However, the girls kept battling against the tougher teams and I was extremely proud to see their hard work, which paid off in our last game - where we won 1-0 against Monks Walk.

I was so delighted to see these girls communicating, working as a team and, overall, having large amounts of fun; inspiring others to work hard for each other and shine on the pitch, which made myself and other spectators very proud of them, and a great representation of Nobel School.

Ana Maria Gavriliuc 12 GBE

Year 8

The girls played three games in the group stages, and the performance was out of this world. The first game was a 0-0 draw, however, the performance of the team was fantastic, and they all worked incredibly hard. The second game was arguably the toughest. It was another 0-0 draw, however, we held our own with a team that made the semi-finals. The last game was a tough battle ending in a 1-0 loss. However, every one of the players worked so hard and they made the school very proud.

Austin Holland 12 NCT

Well done to the following students who represented the school superbly:

Year 7: Elana, Lucy, Janeisha, Lauren, Evie P, Evie J, Layla, Jasmine, Mia, Lacey

Year 8: Erin, Phoebe, Lucie, Lily, Sophie, Evie, Emily, Ruby



Mr Regan Carolan

Teacher of PE



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.



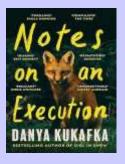
Mrs Ros Essakhi Librarian



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:

librarv@nobel.herts.sch.uk



FREE kids' fun, food & physical activity through the festive break!



Does your child get benefits-related free school meals? If so, you can book them into HAPpy camps for free, during school holidays.

Get your child's booking code from their school and either scan the QR code below or book online at bit.ly/3FV6DOD

Winter bookings are live from 12 noon on 22 November 2023. With limited places at each venue, book your child's place soon to make sure they have a HAPpy school holiday!









