

Nobel News

26 April 2024
Edition 12.09



From the Headteacher

Dear parents and carers

It has been a very pleasing start to the summer term. School is very calm, but there is still lots going on – summer term is examination time!

Of course, you will be fully aware that, if your child is in Year 11 or Year 13, the public examinations are now close. However, all the other year groups have, or will be taking, internal examinations over the next couple of months.

Indeed, I took assemblies last week talking to Years 7, 8 and 9 about the qualities they will need to display to be at their very best. We talked about being properly prepared - Mr Head will be talking to students about how to revise next week – and be ready. We talked about how important it is for young people to develop resilience – the ability to endure setbacks and bounce back. This quality is so important to effective learning because we learn by making mistakes and it is a vital attribute for navigating the ups and downs of adulthood.

In the upper school, Year 10 Nobelians are taking their end of year examinations and have conducted themselves with aplomb. It is so important that we get our young people to experience formal examinations as early as possible, this will give them the confidence they need to sit public examinations. We fully anticipate that this year group will excel in a year's time.

Finally, Year 11 are now only a fortnight away from their GCSEs. They are working hard, and the school has provided much help during this challenging time. We are providing study and breakfast facilities on Monday, Wednesday, and Friday – not compulsory, but highly recommended. There will be teachers present to help and a free breakfast. It would be lovely to see a packed dining hall three times a week, we urge you to encourage your child to attend.

Thank you, as always, for your support. Have a safe weekend and, if you are in Year 11, do some revision!

Kind regards

Martyn Henson

London Landmarks Half Marathon

On Sunday 6 April I ran the London Landmarks half marathon. This run takes in all the major landmarks in London and I ran for Prostate Cancer UK, managing to raise £1170. The streets were packed with supporters throughout and the atmosphere was incredible. I completed the course in 1hr 59:40. Ready to go again next year, after saying never again.

Mr Richard Moore
Maths Teacher

Well done, Richard, you did Nobel proud!



Nobel Celebrates Student Successes

Congratulations to Logan Wise (7ELPY), who has recently won silver at his first national Taekwondo competition of the year. Logan competes for his local Taekwondo club at events around the country, travelling as far as Ireland to compete. His successes have previously featured in this newsletter

His latest competition took place at Twickenham, the home of English rugby. As a result of his outstanding performance Logan got through to the finals in his category, which is a fantastic achievement.

Taekwondo is a martial art and combat sport offering a range of competition opportunities. As well as being an Olympic and Paralympic sport, it is popular in over 200 countries with 60 million people practicing worldwide. A huge congratulations to Logan, who continues to be a credit to himself and the school.



Roman Grundy (9TJKY) races a go-kart for NatSKA (National Schools' Karting Association). He races with Barnwell MSC, in a Honda 160. It is his first season with a low power license. This weekend, he raced against 29 competitors at Whilton Mill, and came 8th on the first day and 5th on the second day. Scores are taken over 4 heats. This is only his second time being gridded at NatSKA.

Well done Roman!

STEM Futures Showcase

Well done to Haseeb Ahmed, Eleanor Metcalfe and Ervinas Kiele, who took part in the Pioneering Young STEM Futures Showcase. I attended the awards ceremony at MBDA and the students presented their projects with professionalism and confidence. As part of the programme this year, students attended different STEM businesses and workshops across Stevenage. We are very proud of the students, and the whole of the science faculty would like to say well done. You will make excellent scientists in the future.

Below are some words from the organiser of the project at STEMpoint.

Thank you all for attending the Pioneering Young STEM Futures Showcase event last week, kindly hosted by MBDA. A big well done to all the students who presented and took part in the programme. You all did so well, and the presentations were great.

If any of the students who took part do any STEM related volunteer work (such as the above) and are 17 or over they can register as a STEM Ambassador themselves. Details here www.stem.org.uk They could also use this project to form the basis of a CREST award.

Mrs Amy Pearson
Head of Science



World Challenge Borneo Preparation

The students going on the World Challenge trip to Borneo in July took part in another team building day. They walked from Knebworth, Mardley Heath to Welwyn North and back in a circular route. The students walked over 14.5km and were in great spirits the whole time. They are a lovely group of students and we were particularly impressed with the tips and advice they were giving each other along the way. They only have 88 days to go until their big expedition to Borneo. Some of the students have external exam before then and we wish them luck in these.



Hosting District Athletics at Ridlins

On Wednesday 24 April, the Nobel School Years 7 and 9 athletics teams travelled to Ridlins Athletics Track for their first fixture of this season, which saw Nobel go up against Barnwell, Thomas Alleyne Academy, Barclay Academy, Knights Templar and King James Academy. This was the first opportunity our Year 7 and 9 athletes had to represent their school.

Each school within the district is allocated one fixture to organise within the athletics season. This fixture was the turn of Nobel, meaning all elements of the competition were organised by the PE Department. Different roles including marksman, track and field referee, starter, timekeeper and track judging amongst others were fulfilled by Nobel staff and sports leaders.

Well done and thank you to all the Year 10 and 12 students who supported the PE Department in running this fixture, we couldn't have done it without you!

Going back to the Nobel teams who participated in the event, 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:

- ◆ Stanley's first place in the Year 7A boys' hurdles and Year 7B javelin
- ◆ Grant's first place in the Year 7A boys' discus
- ◆ Euan's first place in the Year 7B boys' discus
- ◆ Tife's first place in the Year 7B boys' 1500m
- ◆ Jasmine's first place in the Year 7A girls' discus
- ◆ Chloe and Elizabeth's second place in the Year 7A and 7B girls' javelin respectively
- ◆ Maggie's first place in the Year 7A girls' shot put
- ◆ Year 7 Girls' relay team, second place
- ◆ Jack's first place in the Year 9A boys' 800m
- ◆ Josh's first place in the Year 9B 1500m, with Tom gaining first place in the Year 9B 800m
- ◆ Rose's first place in the Year 9A girls' long jump
- ◆ Faith's second place in the Year 9A 200m, with Rose coming second in the Year 9A 100m
- ◆ Sofia's second place in the Year 9A girls' hurdles

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

Our students brought a high level of talent and contributed to a fantastic competition where competing schools were strong. All the students have made us very proud due to their efforts. A highlight from the evening was the way in which the students showed resilience, excellence and supported each other during their first athletics fixture of the year.

Please see below the upcoming Athletics fixtures:

Mr Regan Carolan
Teacher of PE

Date	Time	Year Group
Thursday 16 May	3:00-6:30pm	Years 8 and 10
Tuesday 21 May	3:00-6:30pm	Years 8 and 10
Tuesday 11 June	3:00-6:30pm	Years 7 and 9
Thursday 18 June	3:00-6:30pm	Years 7 and 9
Thursday 27 June	All day	Years 7, 8, 9 and 10

HERTS BOOK FESTIVAL

Saturday 18th May 2024
Hertford Castle Grounds

Sunday 19th May 2024
Southern Maltings in Ware

Author Talks • Book Exchange • Local Authors
Workshops • Children's Activities • And more...

For more info scan here  to visit our website

www.hertsbookfestival.org

Kindly supported by



Herts Book Festival Events

Herts Book Festival Events

Hertford
Castle Grounds
Saturday 18th May
10.00am - 4.00pm

Book Talk: tell us something about your favourite book!

Baby Rhyme in the Park, in association with Hertford Library*

Writing the Regency
Tea and Talk with Austenesque romance author Jessie Lewis*

Writing for Children Workshop with author Alice Hemming*

Animalympics!
Activity session for children 4-11, with author Josie Dom*

Creating the Crime
Panel with crime writers Abi Silver, Heather Critchlow and Philip Cox*

Lift the Flap craft session with author Alice Hemming*

Storytime in the Park in association with Hertford Library*

AUTHOR MARKET: Meet 40+ local authors showcasing their work

BOOK EXCHANGE: Bring a book, have a look, take a book

BOOK TREASURE HUNT

BOOK TALK: Tell, write or draw something about your favourite book

AUTHOR READINGS

NEW BOOK LAUNCHES

Ware
Southern Maltings
Sunday 19th May
10.00am - 4.00pm

Baby Rhyme Time in association with Ware Library*

Children's Yoga with Maria Oliver, Boxmoor Yoga*

Let's Write: Creative Writing Workshop

For young people and adults, with author Elizabeth Barber*

Animalympics!
Activity session for children 4-11, with author Josie Dom*

Poetry Open Mic in association with Ware Poets

Let's Write: Creative Writing Workshop

For young people and adults, with author Ken Boyter*

Storytelling with Vickie Holden*

Behind the Scenes of Comedy
Author Talk by Steven Vinacour*

Author Panel: Fantasy Forum
Featuring local fantasy authors*

AUTHOR MARKET: Meet 40+ local authors showcasing their work

BOOK EXCHANGE: Bring a book, have a look, take a book

BOOK TREASURE HUNT

AUTHOR READINGS

*Visit www.hertsbookfestival.org to book your free tickets and check for the latest programme updates!

How to support your child using GCSEPod



What is GCSEPod?

GCSEPod is an award-winning expert in Subject Knowledge. We provide 3-5 minute bursts of audio-visual, teacher written learning which can help to reinforce and consolidate key GCSE topics covered in lessons.

Experts read and explain everything clearly including all the right facts, quotes, keywords, dates and diagrams on screen.

Tips & Tricks

- **Watch online or offline!** Ask your child to download some Pods to their mobile device, this way they are free expand their knowledge wherever they go.
- **Create Playlists!** Use the My Playlist area to create bespoke playlists on topics that they may find challenging. Having a personalised playlist means your child has fast access to Pods that will help to fill in knowledge gaps.
- **Use Favourites!** Challenge your child to a favourite 10 Pods on topics they find difficult/challenging. Watch the Pods together and use one of our other suggested learning techniques to help simplify what it is they're struggling with.
- **Memory Cards!** Watch the Pods and then together write key facts, dates, diagrams and quotes. Then test their knowledge to see how much they remember.
Top Tip* Turn it into a competition and reward your child for correctly answered questions. If you're stuck on what questions to ask your child then head over to our 'Quiz your Child' document.
- **Support Homework!** GCSEPod isn't just for revision, it's to help expand your child's subject knowledge. If your child is struggling with a piece of homework, you can search for the topic on GCSEPod and use the Pods as an additional resource.

Does your child know they have access to GCSEPod?

If your son or daughter have already activated their account, they simply need to log in with the username and password they've created.

If they've not yet activated their GCSEPod account, simply follow these simple instructions:

1. Go to www.gcsepod.com
2. Click **Login**
3. Click **New Here? Getting Started**
4. Ensure they've selected they are a **Pupil**
5. Enter their personal details as requested
6. Create a Username and Password



GCSEPOD.COM

INFO@GCSEPOD.COM

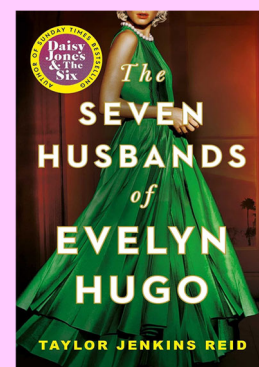
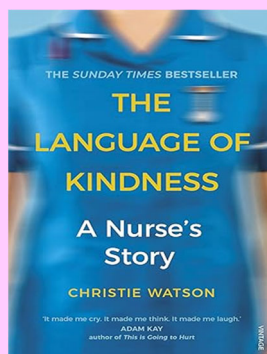
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NOBEL SCHOOL PARENTS, STAFF and COMMUNITY BOOK GROUP

The next meeting will be held in the Library, 6:30pm, on Tuesday 4 June 2024

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

Well done to Year 11 Physicists

Well done to Year 11 Physicists, Mackenzie Chiwambo, Harry Paraskevas and Temidayo Dada, who have been learning their equations and gained 100% in their recent equation tests. Students were awarded yellow, green, brown and black “karate belts” when they learnt their units, equations, rearranged and practiced.

Very well done, keep up the good work!

Mrs Amy Pearson
Head of Science



League and County Winners

Congratulations to Jessica (10M SPL), Amani (10T RSI), Bethany (10T MGT) and Zara (10T MGT) who have continued to play rugby outside of school for their club Welwyn RFC. As well as their recent triumphant league win, where the girls have been presented with the league winners' trophy, they have just won the Hertfordshire County Cup with a 15-12 win against a very strong Fullarians team, playing at their ground in Watford.

Well done, the PE Department are incredibly proud of you all.

Mr Regan Carolan
Teacher of PE



Dates for your Diary

Monday 6 May - Early May Bank Holiday

Wednesday 8 May - Year 12 Parents' Consultation Evening

Monday 13 May - External exams commence for Years 11 and 13

Monday 26 - Friday 31 May: Half-term Break



Summer Term PE and Dance Extra-Curricular Clubs List

NOBEL PE AND DANCE



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

Lunch-time 1:35-2pm

Afterschool 3:05-4:05pm

EXTRA CURRICULAR

MONDAY	Tennis (MUGA) all years - JSE Basketball (MUGA) all years - DSN Kwik Cricket (Astro) all years - PWR Choreography club - all years	Athletics (Field) - all years SHS/LPY/PWR/DSN/RCN/CHL/JSE
TUESDAY	Tennis (MUGA) all years - RCN/SHS Basketball (MUGA) all years - PWR Kwik Cricket (Astro) all years - LPY Musical theatre club - all years	Staff meetings and fixtures
WEDNESDAY	Tennis (MUGA) all years - LPY/CHL Basketball (MUGA) all years - NCT Girls Cricket (Field) all years - RCN	SUMMER TERM 1 2024 APRIL-MAY
THURSDAY	Tennis (MUGA) all years - RCN/CHL Basketball (MUGA) all years - DSN Kwik Cricket (Astro) all years - LPY	Rounders (Field) all years - RCN/CHL/NCT Cricket (Field/Astro) all years - PWR/LPY/DSN Youth Dance Company - all years
FRIDAY	Girls Tennis (MUGA) all years - NCT Basketball (MUGA) all years - PWR Afro Beats Dance club - all years	Athletics (Field) - Invite Only CHL/RCN

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. **Extra-curricular fixtures this half term:** Years 7 to 10 athletics, Year 7, 8 and 10 boys cricket, Years 7 to 10 girls cricket and Years 7 to 10 girls rounders.

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

PE Club Spotlight on Athletics

Day: Monday

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

Location: Field

Club lead: All PE Staff

With the promise of better weather upon us, the PE Department are delighted to welcome back Athletics Club every Monday after school on the field.

Athletics is a group of sporting events that involves competitive running, jumping and throwing. Students will get a flavour of the many athletics events during their PE lessons, where the club allows them to specialise in a specific event(s).

Across the duration of the Summer Term, Nobel will enter athletics teams into the district athletics competitions for Years 7, 8, 9 and 10. All of the dates for the athletics competitions can be found on the fixtures noticeboard. Further articles will update you on the progress of our teams.

With the first club session taking place on Monday 22 April, we were delighted to welcome over 50 students to the club, practicing hurdles, long jump, triple jump, javelin, discus, shot put and a range of track events including 100m all the way up to 1500m.

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

- ♦ *"I loved athletics in primary school and I am so pleased I am able to do it at Nobel, with even more events to choose from!"*
- ♦ *"At the athletics club, every single event is available to practice meaning you are able to practice for your specialist event."*
- ♦ *"My friends and I love attending together and practicing as many events as possible."*

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



One Day at a Time: Daily Wellness Challenge
Choose one action from our list or create your own.
Commit to it daily and track your progress in our Little By Little Journal for accountability!

DO SOME JOURNALLING	CHECK YOUR PHONE AFTER BREAKFAST	WORDS OF AFFIRMATION	COLD SHOWER
20 MINS TO DECLUTTER YOUR SPACE	30 MINS OF BEING TECH-FREE BEFORE BED	10 MINUTES OF STRETCHING	MAKE YOUR BED EACH MORNING
LAUGH WITH FRIENDS OR FAMILY	5 FRUIT/VEG PER DAY	ENSURE YOU SLEEP 7-9 HOURS A NIGHT	SELF-CARE TIME
ACTS OF KINDNESS TOWARDS OTHERS	DRINK 2 LITRES OF WATER	SPEND TIME ON A HOBBY	SCHEDULE TIME TO UNWIND
BREATHWORK	PRACTICE GOOD POSTURE	SET ACHIEVABLE GOALS FOR THE DAY	WRITE DOWN 1 THING YOU LOVE ABOUT YOURSELF
GET CREATIVE	WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR	PRACTICE MINDFULNESS	TAKE A LUNCHTIME WALK
WATCH A MOTIVATIONAL TED TALK	READ FOR 30 MINUTES A DAY	LISTEN TO MUSIC YOU LOVE	GUIDED MEDITATION

Did you know that April is National Stress Awareness Month? It's all about highlighting ways in which stress can negatively affect us all. Finding different tools to deal with stress is key for staying healthy and happy and to prevent the little problems from getting bigger!



#LittleByLittle highlights the transformative impact of consistent, small positive actions on over-all wellbeing



Links to resources:

<https://www.stress.org.uk/wp-content/uploads/2024/03/30-Day-Challenge-April-2024.pdf>

<https://wellbeinginfo.org/stress-awareness-month-2024/>

Developing Character

Currently, the character focus is on the Nobelian virtue of being ambitious.

The Character Conundrum 22/04/24 - 03/05/24 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. Please note these are not planned to necessarily match the fortnight focus.

Character Conundrum 13: Polite/Kind

“Oh my God. That is so retarded!” Katy cringed. She hated that word. She thought about how many times a day she heard that word. And that was not the only word that made her cringe these days. If she heard the word “gay” one more time used as an insult, she was going to scream. Ever since her form tutor spent a lesson on language and how words shape how we see the world, she started seeing examples everywhere that proved him right.

The following week, Katy was in the cafeteria when she heard a friend at her table complain that the science teacher was making him stay after school to take a test. “And I even told him I would miss basketball practice. Mr Andrews is such a retard.”

“Can you stop saying that word, Matt? It is not fair.” Katy said without thinking. Everyone stopped and looked at her.

“What is your problem?” Matt asked. “Yeah, Katy, it’s just a joke. Lighten up,” someone else said as others nodded in agreement. “Everyone says it.”

Katy felt weird by speaking up. And she felt weird by staying silent. What should she do?

Support

I am sure all of us have grappled with this issue on some level in our work with youth. It always surprises me about the frequency of using terms like “gay” or “retarded” as an insult or in a deliberately derogatory way. There is a disconnect from young people that must be connected and it takes patience. The great thing is that, on any developmental level, once young people get it, they get it. They get it across the board, can come up with other examples (“bitch” for example), and begin to feel more and more comfortable calling each other out on it. This confidence in calling each other out truly builds each time and is contagious.

Often when we begin an action based on our sense of what is right, we may feel that action is small, insignificant, or even silly. Often, we feel self-conscious or insecure. But, if we persevere because we know our actions are right, each time we make that action, the understanding of its significance deepens. It is like a “moral muscle”. Each act gives us more confidence and a stronger belief in ourselves and our growing beliefs. Thus, the cycle begins again. We see another opportunity to right a wrong, and now have a bit more trust in our values and we make another small act.

Questions

- ◆ Can you identify the moral dilemma in this situation?
- ◆ What is the big deal here? Is Katy making too much out of nothing?
- ◆ What do you think the lesson Katy heard in form time about language sounded like?
- ◆ What do think makes Katy uncomfortable about speaking up when she hears words that offend her?
- ◆ Have you ever felt uncomfortable when you have heard one of these words used?
- ◆ Have you ever used one of these words? Have you thought about how using it might hurt the feelings of others?
- ◆ Can you think of a time when you or someone you know corrected another person after he or she used a word that like “retarded” or “gay”? What happened? Is it something you or they might do again, do you think?
- ◆ How do you think Katy might be making a difference simply by asking that people not use language that might insult or hurt someone’s feelings?
- ◆ How do little actions to make things right affect bigger actions? Can a small act of good make a bigger difference? How?



Cyber Choices and Online Safety Events

For parents / carers of children aged 9 and up

You are invited to attend two **free** online sessions to discuss all things "cyber".

These sessions will be suitable for parents/carers of children in Year 5 (age 9) and above. This will be a fantastic opportunity to learn and ask questions regarding your child's online world and it shouldn't be missed!

Part 1 will introduce you to the Cyber Choices programme which will be delivered by the Eastern Region Cyber Choices Team. They will provide:

- An overview to parents and carers on what cybercrime is.
- What the risks to young people are.
- How the Cyber Choices programme supports at-risk individuals.
- How you can refer a young person into Cyber Choices.

You will also hear from Kent County Council's Education Safeguarding Team, who will provide an overview of;

- Some of the potential risks that children and young people may experience online.
- Advice to support parents to make informed decisions and keep their children safer online.

Please visit the NCA website to find out more about [Cyber Choices](#)

Please register for **one** part 1 session only (as these will be duplicated), by clicking on the link below.

Wednesday 8th May 2024 @ 1000 - Part 1
[Book here](#)

Wednesday 5th June 2024 @ 1300 - Part 1
[Book here](#)

Wednesday 3rd July 2024 @ 1600 - Part 1
[Book here](#)

Part 2 will be delivered by the Eastern Region Cyber Protect Team. They will provide:

- Advice on how to improve your personal cyber security.
- Identifying and protecting yours (and your children's) key accounts.
- Threats and techniques that cyber criminals may use to target you / your family.
- Benefits of family accounts.
- Parental controls on your router.
- Signposting to useful resources.

The aim of the session is to provide you with tools and techniques to improve the cyber security of your family.

Advice and guidance from the session will be in line with the Government's [Stop! Think Fraud](#) and the National Cyber Security Centres [CyberAware](#) campaigns.

Again, please register for **one** part 2 session only (as these will be duplicated), by clicking on the link below.

Wednesday 15th May 2024 @ 1000 - Part 2
[Book here](#)

Wednesday 12th June 2024 @ 1300 - Part 2
[Book here](#)

Wednesday 10th July 2024 @ 1600 - Part 2
[Book here](#)

If you have any questions or would like us to cover a certain topic within our sessions, then please complete our [online form](#).