

Nobel News

20 September 2024
Edition 13.01



From the Headteacher

Dear parents and carers

It has been an ordered start to the new academic year, our new year 7s are a delightful group and seem to be really enjoying themselves. Uniform is particularly good for the most part; however, some skirts are rolled up too high and we shall be having a quiet word to individuals, I hope you can support us with this at home. When we are all wearing our blazers, top buttons fastened, and shirts tucked in, we really do look smart. But, it also shows that our students are serious and are proud to be Nobelians.

Some of you may have been to our Open Evening on Tuesday 10 September. It was a very uplifting occasion; our school at its absolute best. We had 100s of guides from Years 8, 9 and 10 showing people around, and the feedback we received for them on the evening and in subsequent emails was remarkable. One read *'A*** our student guide was so polite, informative, and engaging'* and another *'O**** takes pride in his school and has a passion for learning and enjoys being at Nobel'*. Reading and hearing of how our students spoke of their school is really humbling.

Their speeches are available on our website, but I also wanted to pay tribute to our student presidents, Mariyah Rahman and Sam Huttleston, who spoke with such affection and eloquence about their experiences at Nobel. They are fantastic ambassadors for our school.

Our GCSE examination results this summer were very impressive again. We equaled our achievements last year of +0.4 Progress 8. Expected progress is 0, which means that our students got (nearly) half a grade higher in all their subjects than they would have achieved had they had gone to the average school. Look out for the published GCSE data at the end of the month to compare how we performed in comparison with local schools. However, we do know that our results put us in the top 18% of all state-funded secondary schools, and this is for the second year running.

As always, however, our focus is really on the individual achievements of our students, better results improve the opportunities for young people, and all our Year 11 Nobelians have moved on to a college place, an apprenticeship or into our sixth form. Over 60% of them have chosen to return to school and we now have a sixth form of 300. We want all our students to achieve their best so that they can lead fulfilling lives when they eventually leave school.

May I take this opportunity to thank you for your continuing support, and I hope you agree that our lovely school goes from strength to strength.

Kind regards

Martyn Henson

Ecurie Bertelli

A few months ago, the school approached me about a connection they had in the motorsport industry. They knew that this is the field I am pursuing at university so gave me the contact of a Nobel Alumni.

This was a very exciting opportunity, so I went home and immediately emailed the contact. I researched the company he worked for, Ecurie Bertelli, and found out they restored and raced pre-war Aston Martins. The company got back in contact with me and offered me a visit to the factory on 21 and 22 August. The email continued to say that they were racing at Silverstone on 23 and 25 August and that I would be welcome to join them as part of the race team. I jumped at this opportunity with both hands!

When the time arrived, I made my way to the factory and met the team. Everyone was lovely and welcoming. Over the two days at the factory, I was shown how to change and clean the breaks, fix electrical issues in the brake lights and get the cars race ready. I got very hands on, helping with these issues and even got a ride in one of the cars.

In the morning, we headed to Silverstone. I was shown to the car I would be race engineer for and directed as to what pre-race checks I needed to do each morning. These responsibilities included things like checking the tire pressures, oil and fuel levels. I was introduced to my drivers, and we discussed things like pit stops, strategy and the pit boards. Throughout the race, I was in charge of using the pit board to communicate with drivers while they were on the track. This involved watching live timings, writing them on the pit board and swinging it out as the driver came past. I was also in charge of the timings of the pit stop. The driver must be stationary for 15 seconds or they will be penalised.

Overall, this was an absolutely incredible opportunity for my career development and work experience. I am very grateful to the school for supporting me and providing this opportunity.



Rebecca Kappler - Class of 2024

World Challenge - Borneo 2024

This year, 17 of our students from years 10-13 went to Borneo, Malaysia, to take part in the World Challenge expedition.

World Challenge is a life changing 2-week trip where students not only gain an insight into a different country but also many essential life skills. We are very proud of our students who went to Borneo and can see a positive change in all of them.

On the first day they got to grips with the currency (Malaysian ringgit) and brought a SIM card for the team phone, they then made sure they got some rest after their very long flight. Students were very excited to take the road less travelled and experience the places they had been dreaming about. Steamy jungles, tribal communities and rugged highlands – they were all in Borneo, waiting to be explored.

Days 2 and 3

Nothing quite prepares you for Sepilok Orangutan Rehabilitation Centre (SORC). It's one of the few places in the world where you can see orangutans in the wild. These endangered great apes can only be found in the rainforest. They then went to The Borneo Sun Bear Conservation Centre (BSBCC), which cares for rescued bears and raises awareness of this fragile species. The students loved this part of the trip and quickly got used to the way of life in Borneo.

Days 3-6: Wildlife Conservation

Students then spent the next few days living alongside a rural community beside the Kinabatangan River, the longest river in Sabah. This lush landscape is home to orangutans, pygmy elephants and more. But much of it has been earmarked for agriculture and development, or damaged by logging and plantations. Here students took a trip along the river, wildlife watching, and managed to see the Borneo 'Big 5' in the wild - orangutans, an elephant up close, crocodiles, hornbills and proboscis monkeys. Some of the students were so amazed by the elephant that they got quite emotional. It was an amazing experience. They then spent the next few days preparing and planting new trees for the local wildlife.



World Challenge - Borneo 2024

Days 7-9: Guas Nabalu Trek

Students set off into the jungle and camped beneath Mount Kinabalu. First up, they needed to travel to Guas Nabalu (the starting point for the trek), stopping along the way to buy exotic fruits and handicrafts at the market. After staying with local people, it was time to trek. They loaded up their backpacks and made their way into the jungle, past rubber plantations and banana trees to the summit of Nuluh Lingion (1,420m). The views were amazing. They ate pineapple along the way. The students saw a lot of wildlife here too, including snakes. They then stayed in the rainforest overnight, sleeping in hammocks. Luckily, they had a tarpaulin for a shelter over the hammocks they put up as it rained all night! The sound of the rain on the tarpaulin was amazing.



After an amazing two weeks, it was time to travel home. Students crammed everything into their backpacks and headed to the airport.

Our students were fantastic and got on so well as a team. I think they have made lifelong friends from all different year groups and learnt skills they will use for a lifetime. I think all the students now want to travel the world and have gained an insight in to how to travel sustainably. I must say that we were all so impressed with how well the students did and independently organised, budgeted and worked together. For different phases of the trip students were team leaders and were all brilliant.

Mrs Amy Pearson

Group Leader

Days 9-13: Kota Kinabalu and around

The capital of Sabah, Kota Kinabalu, is known locally as 'KK.' A blend of old and new, this bustling city has friendly locals and fiery sunsets. Here students went to night and day markets and explored the local area. It was fantastic to be able to buy a whole meal for about £1. Students then had some rest and recuperation and finished off their tour with some white water rafting and then travelled to a tropical, deserted island to do some snorkelling.



World Challenge - Borneo 2024

Student comments:

Hannah: *“The trip has given me more independence and realisation that I can do incredible things without my parents being with me. I have also understood people more and gained skills to make more friends (I’ve made 16 new ones over the last few weeks). Lastly, I have gained more resilience to overcome challenges and be the better me.”*

Erin: *“The trip has encouraged me to use my passion for animals and work in conservation. I have learnt how much you can fit in a day and hope to make the most out of my days. I have learnt that there is very little that I cannot do. I also learnt how to be consistently positive and that others will feed on my positivity. We saw Borneo’s big 5 thanks to our amazing tour guides, I’ve made unforgettable memories with new friends and saw the best sunsets and views.”*

World Challenge July-August 2026 - An incredible opportunity for your child to experience Sri Lanka. The Nobel School invites you to join an online talk **on Thursday 26 September at 6pm**, about our exciting Sri Lankan expedition, running in July 2026. Students in Years 9 and 12 will have assemblies about this in school at 8:30am on Friday 20 September. This is a life-changing opportunity for students to explore Sri Lanka with expert guides, while developing their life skills, confidence and independence. We’re partnering with World Challenge to offer this 13-night expedition, which complements school learning.

A letter has been sent to all parents or email Mrs Amy Pearson:
amy.perason@nobel.herts.sch.uk.

WE CARE ABOUT EDUCATIONAL OUTCOMES.

- ✓ Students will gain a greater understanding of how to act for a more sustainable future, at both local and global levels.
- ✓ Students will be immersed in different cultures and experiences, growing to understand their role within our global community.
- ✓ Students will be challenged to think critically about topical issues that affect our past, present and future around the world.
- ✓ Students will be empowered to build on their self-care strategies, enhancing their physical and mental wellbeing.
- ✓ Students will experience and reflect on the power of being pushed outside of their comfort zone, allowing the development of initiative, confidence, and resilience.
- ✓ Students will build a deeper connection to their own identity and personal values, developing their independence and sense of self.



The London Marathon - A personal Message from Ben Philcox

Just a quick message to let you know that I will be running the London Marathon 2025 to raise money for Tommy's (the baby loss charity). As some of you may be aware, this is a charity that has supported me hugely over the last few months.

I am not typically a runner, so this will be a huge challenge for me. I have included a link to my JustGiving page below (it will be updated by my wife with videos of me struggling, so worth a view just for that).

I have so far raised almost £2000 in the last few weeks. If you wish to support me, you can donate to my JustGiving page by clicking here https://www.justgiving.com/page/ben-philcox-1723571637568?utm_medium=fundraising&utm_content=page%2Fben-philcox-1723571637568&utm_source=email&utm_campaign=pdf-email

Thank you for your support.

SEND Summer School

This year we held our annual summer school for SEND, with a great turn out of 18 students, who all threw themselves into the fun and ended the two days with huge smiles on their faces.

Students took part in many different activities including learning how to tie a tie, creating their own Nobel photobook to help them navigate the building and taking part in a mindfulness session with the Mental Health Team. It was a great start to the autumn term for students and staff alike and we are glad to have such lovely students join the Nobelian community.



Mrs Lynn Amey
SENDCo

Nobel Enrichment Clubs 2024/25 Autumn Term

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	<p>The Bridge Club All Years 13.20 – 14.00 The Bridge</p> <p>Chess Club All Years 13.30 – 13.55 Rm 301</p> <p>Year 12 Mock Trials Club Year 12 13.20 – 14.00 Rm 408</p> <p>Duff Soccer Training Club (MONDAY) Year 10 13.00 – 14.00 Rm 212</p> <p>Duff Silver Training Club Year 11 13.30 – 14.00 Rm 402</p> <p>Year 11 Spanish Club (FOUNDATION) Year 11 13.30 – 14.00 Rm 402</p> <p>Health Related Fitness Club YEAR 7 Year 7 12.30 – 14.00 Fitness Suite</p> <p>K12 Badminton Club Years 7-9 13.30 – 14.00 Sports Hall</p> <p>K15 Biology Society Club Years 12-13 13.15 – 14.00 Rm 209</p> <p>History Club Years 7-8 12.30 – 14.00 Rm 216</p> <p>Midweek Music Club Years 7-11 13.40 – 14.00 Rm 221</p>	<p>The Bridge Club All Years 13.20 – 14.00 The Bridge</p> <p>Year 9 Food Tech Club Year 9 13.40 – 14.05 Rm 113</p> <p>Maths Challenge Club Years 7-8 13.20 – 14.00 Rm 408</p> <p>Year 9 Mock Trials Club Year 9 13.20 – 14.00 Rm 212</p> <p>Arts and Crafts Club Years 7-9 13.25 – 13.50 Rm 116</p> <p>Geography Club Years 7-11 13.30 – 13.55 Rm 321</p> <p>Health Related Fitness Club ALL YEARS All Years 12.30 – 14.00 Fitness Suite</p> <p>K14 Badminton Club Years 10-11 13.30 – 14.00 Sports Hall</p> <p>Science Club All Years 13.30 – 14.00 Rm 320</p> <p>Musical Theatre Lunchtime Club Years 7-10 12.30 – 14.00 Auditorium</p> <p>K12 Film Club Years 7-9 13.20 – 14.00 Rm 411</p> <p>Embroidery Club All Years 13.25 – 13.45 Rm 310</p> <p>Year 11 Further Maths GCSE – INVITATION ONLY Year 11 12.30 – 14.00 Rm 304</p>	<p>The Bridge Club All Years 13.20 – 14.00 The Bridge</p> <p>Year 9 Food Tech Club Year 9 13.40 – 14.05 Rm 113</p> <p>Prayer and Reflection Club All Years 13.20 – 13.50 Rm 201</p> <p>Netball (Just Back and Staff) Club All Years 13.20 – 14.00 Rm 212</p> <p>Health Related Fitness Club ALL YEARS All Years 13.30 – 14.00 Fitness Suite</p> <p>Girls Futsal All Years 13.30 – 14.00 Sports Hall</p> <p>Lego Club Years 7-8 12.30 – 14.00 Rm 228</p> <p>Senior Events Rehearsal Club Years 10-11 13.30 – 14.00 Dance Studio</p> <p>Year 11 PHE Revision and Catch-Up Club Year 11 12.30 – 14.00 Rm 320</p> <p>Reading Reading Club All Years 12.30 – 14.00 Rm 317</p> <p>Usherette Lunchtime Practice Club Year 11 12.30 – 14.00 Auditorium</p> <p>Carols Club Years 7-9 13.20 – 14.00 Rm 407</p>	<p>The Bridge Club All Years 13.20 – 14.00 The Bridge</p> <p>Polish Conversation Club (H1048) All Years 13.40 – 14.00 Rm 307</p> <p>Box Club All Years 13.20 – 13.50 Rm 206</p> <p>Duff Soccer Training Club (THURSDAY) Year 10 13.00 – 14.00 Rm 212</p> <p>Scholarship Club All Years 13.20 – 14.00 Rm 402</p> <p>Debate Club Years 7-8 12.30 – 13.45 Rm 416</p> <p>Health Related Fitness Club ALL YEARS All Years 12.30 – 14.00 Fitness Suite</p> <p>K14 and K15 Badminton Club Years 10-11 13.30 – 14.00 Sports Hall</p> <p>Chess Club All Years 13.25 – 14.05 Rm 301</p> <p>Theory Thinkers Book Club All Years 12.30 – 14.00 Rm 403</p> <p>Sixth Form Games Club Years 12-13 12.20 – 12.50 Rm 426</p> <p>Aggro and Board Game Club All Years 13.25 – 14.00 Rm 109</p> <p>Year 12 French Club Year 12 12.00 – 14.00 Rm 401</p> <p>Current Event Club Years 9-13 12.20 – 12.50 Rm 212</p> <p>Therapy Club All Years 12.20 – 12.50 Rm 402</p>	<p>The Bridge Club All Years 13.20 – 14.00 The Bridge</p> <p>MCB Spanish Support Club (H1048) Year 11 13.20 – 13.45 Rm 404</p> <p>Duff Soccer Training Club (FRIDAY) Year 10 13.30 – 14.00 Rm 212</p> <p>Aggro and Board Game Club All Years 13.25 – 14.00 Rm 402</p> <p>Girls Health Related Fitness Club All Years 13.30 – 14.00 Fitness Suite</p> <p>Pianists Club All Years 12.30 – 14.00 Sports Hall</p> <p>K14 and K15 Table Tennis Club Years 10-13 12.30 – 14.00 Gym</p> <p>Alfreds Dance Club All Years 13.30 – 14.00 Dance Studio</p> <p>K14 Maths Support Club Years 10-11 12.25 – 13.50 Rm 228</p>
	AFTER SCHOOL	<p>Spain Maths HW Support Club (M10) All Years 15.05 – 16.05 Rm 310</p> <p>Woodwork Club All Years 15.05 – 16.05 Rm 108</p> <p>Girls Rugby Club All Years 15.05 – 16.05 School Field</p> <p>Boys Rugby Club All Years 15.05 – 16.05 School Field</p> <p>Year 7 Boys Football Club Year 7 15.05 – 16.05 Astro</p> <p>Year 8 Boys Football Club Year 8 15.05 – 16.05 Astro</p> <p>Year 7 and 8 Netball Club Years 7-8 15.05 – 16.05 Astro</p> <p>Duff Golf Training Club (MONDAY) Year 12 15.05 – 16.00 Rm 310</p> <p>A-Level Physics Revision Club Year 13 15.05 – 16.05 Rm 207a</p> <p>Musical Theatre Club Years 7-10 15.15 – 16.15 Auditorium</p> <p>Year 11 German Club HIGHER/FOUNDATION Year 11 15.05 – 16.05 Rm 401/402</p>	<p>STAFF MEETINGS</p>	<p>Girls Football Club All Years 15.05 – 16.05 Astro</p> <p>Year 7 Basketball Club – WEEK 4 ONLY Year 7 15.05 – 16.05 Sports Hall</p> <p>Year 8 and 9 Basketball Club – WEEK 3 ONLY Year 8-9 15.05 – 16.05 Sports Hall</p> <p>Year 11 German Club HIGHER Year 11 15.05 – 16.05 Rm 401</p>	<p>Year 7 Food Tech Club Year 7 15.10 – 17.30 Rm 113</p> <p>The Nobel Netball Club All Years 15.15 – 16.30 Rm 223</p> <p>GCSE Sports Performance Club INVITE ONLY Years 10-11 15.05 – 16.05 Rm 109</p> <p>Year 9 Netball Club Year 9 15.05 – 16.05 Sports Hall</p> <p>Year 10 Netball Club Year 10 15.05 – 16.05 Sports Hall</p> <p>Boys Year 9 and 10 Football Club Years 9-10 15.05 – 16.05 Astro</p> <p>Nobel Youth Service Company Club All Years 15.15 – 16.15 Dance Studio</p> <p>Year 8 Inspire Club – INVITATION ONLY Year 8 15.10 – 16.00 Rm 304</p> <p>Year 9 Inspire Club – INVITATION ONLY Year 9 15.10 – 16.00 Rm 324</p> <p>Year 10 Inspire Club – INVITATION ONLY Year 10 15.10 – 16.00 Rm 406</p>

The Nobel Notes



Come and join us for fun choir club every Thursday after school at 3:15pm in music 222 with Mrs Shakespeare

Repertoire includes pop, rock, classical, musical theatre, film and many fun songs that you will enjoy!



Your chance to perform in the world most amazing venue
Royal Albert Hall



with
The Nobel Notes



**Audition date: 18
September 3:15pm at
music 222**

Choir regular rehearsals on Thursdays after school, all welcome!



**YOUNG LIVES
TRANSFORMED
THROUGH MUSIC**



Nobel Notes Choir to perform at The Royal Albert Hall

Don't miss your chance to perform in the World's most amazing venue, The Royal Albert Hall, with The Nobel Notes Choir, on Thursday 28 November.

Audition date: Wednesday 18 September, 3:15pm in music room 222

Join our regular choir rehearsals on Thursdays after school from 3:15 - 4:15pm, all welcome.

Any questions, please speak to Mrs Shakespeare.

Nobel Success at the Stevenage Sports Awards 2024

On Friday 12 July, the Stevenage Sporting Futures Team led the annual District School Sports Awards at The 76 Lounge, located at The Lamex Stadium, home to Stevenage Football Club. The PE Department were delighted that many students were shortlisted for a range of categories. Their successes have been included below:

Secondary School Games Award - this award will recognise the Secondary School that has embraced the Hertfordshire School Games through the attendance at School Games events and following the vision of the School Games by making a positive and meaningful difference to the lives of children and young people through sport and physical activity within their school. **The Nobel School were the winners of this award.**

Secondary Sports Leader Award - this award is for an individual who has shown exceptional leadership qualities and commitment throughout the academic year. **Amy M** in 10E TBT was shortlisted for this award. Amy has demonstrated exceptional leadership qualities and an unwavering commitment to all of the leadership activities she has helped with throughout the academic year.

Over the past two academic years, Amy has played an instrumental role in Nobel's partnership with Hertfordshire Cricket, taking part in both leadership days when she was in Year 9 and Year 10. Through this volunteering, she set up equipment, umpired matches and mentored younger sports leaders, acting as an exemplary role model.

Her enthusiasm and positive attitude have made a significant impact, fostering a supportive and inclusive environment for all participants. In addition to her organisational skills, Amy has shown remarkable personal growth and resilience. She leads by example, consistently demonstrating sportsmanship, perseverance, and a strong work ethic. **Amy was highly commended in this category.**

Secondary Elite Performer of the Year Award - this award is for any secondary school student who has achieved a high level of performance, representing a club or higher level. Two Nobel students were shortlisted for this award.

Firstly, **Evie C** (7E LBT) is a footballer who plays as a left winger. She currently plays for Stevenage Borough, Cambridge Academy, Stotfold and Bedwell Rangers (boys' team). As part of Stevenage Borough, she is on the Girls' Development Centre pathway, which is the pathway to the Lionesses. Throughout the current season, Evie has recorded impressive statistics in relation to assists and goals, including an impressive league campaign and tournament successes.

Evie has shown great dedication to the school football team, playing for both Years 7 and 8 in a range of competitions. She is a key driver to the success that the teams have had during this academic year, being a fantastic motivator on the team, inspiring and encouraging other girls to take part. It is fair to say that Evie is a standout performer in a very strong team. She has contributed to wonderful success for the school team including futsal county champions and district tournament winners. **Evie was highly commended in this category.**



Nobel Success at the Stevenage Sports Awards 2024

Pablo R-R (8C AMY) has been participating in table tennis for several years. He has participated in several county, national and international competitions to great success. Pablo is very dedicated and shows exceptional commitment to fulfil his school's duties to ensure that he has time to play table tennis, the sport he loves. This year Pablo has taken his table tennis to the next level, not only participating and winning national competitions, but also reaching the latest stages of international competitions in Sweden, France, Belgium, Hungary and Bulgaria (where he finished as runner up). Thanks to his excellent results at the different tournaments, Pablo is currently the highest ranked English player in the Under 13s category.

This year Pablo successfully represented The Nobel School at the county competition where he won the right to represent Hertfordshire at the Table Tennis Schools' National Finals that took place last April in Wolverhampton. From this event, Pablo brought home the silver medal, having only lost narrowly in the final. However, without a doubt, this year's highlight for Pablo is that he was selected to represent England at the Under 13s Table Tennis European Championships that took place in Bucharest, Romania, from 22-26 May. Pablo finished that tournament on a high by reaching the final of the B competition and was commended by Table Tennis England for his performance at the event. **Pablo was the winner of the Secondary Elite Performer of the Year award.** This means that both the winner and highly commended came from Nobel.



Secondary Team of the Year Award - this award recognises the achievement and teamwork of one team. This team can be from SSFT events or any other sporting competition that the team have participated in.

Year 7 Girls' Futsal Team is made up of 8 very special students from Year 7: **Elana D (7E LBT), Janeisha C (7C RCN), Evie C (7E LBT), Mia H (7E LPY), Mia D (7E LBT), Evie P (7E LBT), Lucy B (7T CHL) and Rose A (7E LPY).** On Wednesday 7 February, the School Games District Girls' Futsal Competition took place at Barnwell School. The team had a fantastic afternoon, remaining unbeaten throughout the competition. Across the four games, the team scored ten goals and did not concede once. This victory, where the team were crowned district champions, meant that the team would represent Stevenage at the county competition in the following half term.

The School Games County Futsal Competition took place at Hertfordshire Sports Village on Friday 15 March. Futsal is a very quick and skilful game, so all of the players really did have to work hard to keep winning the games. For the first time in Nobel's history, it was announced that they had won, to make the team County Futsal Champions. Unfortunately, the competition didn't progress to a national level, but the team did fantastically well to win at every level of the competition in which they possibly could. Their teamwork, communication, resilience and, most importantly, their talent and skill have put them in the wonderful position they have found themselves in. **The Nobel Year 7 Girls' Futsal Team were the winners of the Secondary Team of the Year Award.**

We are incredibly proud of all of our students' successes and believe they are thoroughly deserving of being recognised within the district for their achievements



Nobel Celebrates Student Success

Congratulations to Evie Cherry (8E LBT) who has continued her sporting success within football over the summer holiday. Evie and her team Stotfold FC attended The Lucy Tournament hosted by Tattenhoe FC on Saturday 31 August. There were eight teams in a league format with the top four going on to play in a semi-final and final. The league contained the hosts, Tattenhoe, Luton Town Ladies, Kettering Town FC, Corby Town FC and two teams from Shenley FC.

Evie scored twice and made three assists helping Stotfold to finish fourth and qualify for the knockout stage after seven matches. Stotfold then went on to beat Luton Town 1-0 in the semi-final after Evie won a free kick from a run down the wing, from which her team scored. Stotfold played Shenley FC in the final, which, after extra time, finished 1-1. After five penalties it was 3-3, each having 2 penalties saved when Evie stepped up to take the first sudden death penalty scoring top corner for Stotfold, helping them to win 5-4 to become Tattenhoe U13 2024 champions for the first time.



A wonderful achievement in pre-season. Well done Evie!

Out of School Sporting Achievements

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, that includes a photograph, which can be featured in the school newsletter: Regan.Carolan@nobel.herts.sch.uk



Congratulations to Katie Harrington-Pike (12 LSE) who has successfully joined a professional women's football team over the summer holidays: Biggleswade United Women's First Team. After a successful trial period, Katie has been signed onto the team, which is a wonderful achievement considering the average age of the team is 25-30. Katie is now a paid player at the club.

On Sunday 1 September, she played in the Women's FA Cup and scored the winning penalty to send Biggleswade through to the next round of the FA Cup.

Well done Katie, we are incredibly proud of you - you are a wonderful role model for all the students in the school, especially those looking to get into football.

Mr Regan Carolan
Teacher of PE

Adventure Visit to The Ardeche

During the first week of the summer holidays, 76 students and 10 staff set off to travel 20 hours to The Ardeche for a week of adventurous activities.

Many activities were undertaken, climbing in the trees and zip lining at Acrobranche, a 26km paddle down the Ardeche River with a camp out under a canopy of stars, archery, river games and a visit to a typical French town, Vallons.



All the students challenged themselves throughout, pushing themselves to do things they hadn't tried before, building resilience and self-esteem and showing true Nobelian spirit.

The staff could not have been prouder of the students' overall attitude and determination.

Mrs Nancy Field
Group Leader

Geography Quality Mark

I am delighted to announce that the Geography Department has been awarded the "Secondary Geography Quality Mark" from the Geographical Association.

The department applied for this last year and, as part of the process, had to evidence that we had met certain standards/criteria. These standards were around the planning, implementation and outcomes of the department and ranged from lesson resources to student work. The process was very helpful to the department as it has allowed us to take real time reflecting on where the department needs to improve and how this can be done; for example, in the feedback, the moderator commented: *"The rationale and intent of your curriculum is obviously a strength, and the vision is clearly shared with your students. You continue to carefully and critically examine the content of your schemes of work. We were interested to discover that, in the last year, you have been examining the role the department plays in teaching about equality, diversity, and inclusion and that SGQM process has enabled you to do this more rigorously"*.



We will continue to work on this and our other targets as a department over the coming year.

You can see a small sample of the evidence we submitted for the award on the following page.

Mr George Breese
Head of Geography

EVIDENCE

What do we misunderstand about the world? Quiz 1

Name: [redacted] Form: [redacted]

Section 1

1. What term means the amount of money that a country makes in a year? (Literacy Rate) (GDP) (Life Expectancy) (Fertility Rate)
2. Most people in the world live in (Low income countries) (Middle income countries) (High income countries)
3. In Africa there are (1) (2) (3) (4) Ecosystems
4. Temperatures in the rainforest are (Consistently (always) high) (Consistently (always) low) (Sometimes high and sometimes low)
5. In Africa (Everyone is poor) (Everyone is rich) (Some are rich some are poor)
6. Literacy rates means (How many people can read and write) (How much money a country makes in a year) (How many cars there are in a country) (How many greenhouse gases there are)
7. Tropical rainforests are (Close to the equator) (In the north) (In the south) (In the north and south)
8. The part of Africa that receive the most precipitation is (Close to the equator) (In the north) (In the south) (In the north and south)
9. The famine in Ethiopia began in (1982) (1983) (1984) (1985)
10. Famine means (When there is a volcano erupting) (When there isn't enough food for everyone) (How much money a country makes in a year) (The number of people who die)

Total (section 1) [redacted]

L10 - What makes the Ring of Fire such a dangerous place?

- Do now:**
1. What is a natural hazard? A natural hazard is...
 2. What is a tectonic hazard? A tectonic hazard is...
 3. Where do earthquakes and volcanoes occur? Earthquakes and volcanoes occur...
 4. The outer layer of the earth is called the... The outer layer of the Earth is called...
 5. What are the 3 types of tectonic hazard? The 3 tectonic hazards are...

The "do now" activity from a year 7 lesson. Every lesson begin in this way with a test of previous knowledge

KS3 Scheme of work lesson titles illustrating how lessons build on prior knowledge and foster a sense of curiosity

KS3 Student quiz - reverse has more questions. Quizzes happen 1-2 times each half term

One example of a year 7 lesson where students are responding to a stimulus. The students are given the chance to think, then discuss as a pair and then discuss as a class.

What do we misunderstand about the world?
Introduction - what are our key misunderstandings

How wealthy are people everywhere?

What are the ecosystems in Africa?

What are the Savannah and Desert ecosystems like?

How developed is Africa and why?

Did Bandaaid help Africa or not?

Is the Middle East just desert?

Why is water so important in the Middle East?

How is Dubai using energy?

Why has there been conflict in the Middle East?

What is the UK like?

What is Europe Like?

Why has there been conflict in Europe?

Where are people in the world?

Why do some parts of Asia have high population density?

How will Asia's population change?

What is wrong with the this map?



EVIDENCE

Example of a feedback segment used in a year 7 class. Staff would first talk through the improvements made between the "before" and "after" version and how to do these. Students then look in their book and see if they have a number 1-4 in their book or a bespoke target and then are given time to improve their work.

The high to medium ability boy who had of economic development

Economic development is a relatively objective measure that over decades of improvement includes factors such as... (handwritten text continues with detailed analysis of economic development indicators)

This KS5 essay shows both the detailed feedback a student receives and was used in class as it contained a clear example of where a student fell into the "case study dump" pitfall and where they used the case studies to effectively support their point.

Example of work produced as a result of feedback. Students use a green pen for all improvements/corrections in class.

Before

wegener believed that the surface of the earth was made of sections. One piece of evidence he had was fossils. This makes me think he is correct

1. Write the question
 - Check capital letters - Wegner
 - Use full stops
2. Start a new paragraph for each piece of evidence (re-write your answer)
3. Write sentences using key words -
 - Wegner
 - Crust
 - Fossils
 - Continents
 - Pangaea
 - Movement
4. Explain why your piece of evidence is good/bad e.g. fossils of plants are good evidence because the only explanation for their location is Wegner's theory.

After

Wegener believed that the crust was made of tectonic plates. One piece of evidence he had was fossils of plants and animals. This is good because plants cannot swim across the sea so they must have been connected by land.

Handwritten student work showing improvements in handwriting and content, with green pen corrections. The text discusses Wegener's theory and the evidence of fossils.

Library News

We are pleased to announce our forthcoming Scholastic Book Fair which will be held in the Library from Thursday 26 September until Tuesday 1 October.

Please use this link to browse the leaflet to view a selection of books that will be available. <https://images.scholastic.co.uk/assets/a/91/aa/scholastic-secondary-invitation-autumn-2024-2271306.pdf?>

If you would rather not bring cash into school, Book Fair Gift Vouchers can be purchased in advance using the following link. <https://bookfairs.scholastic.co.uk/gift-vouchers>

Alternatively, you can pay securely online <https://bookfairs.scholastic.co.uk/pay>

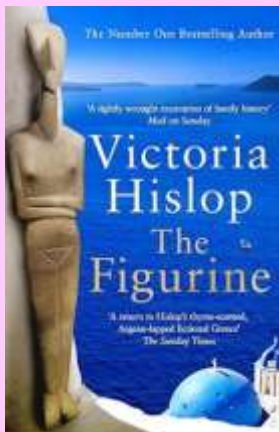


Amanda Hawke
Librarian

NOBEL SCHOOL PARENTS, STAFF and COMMUNITY BOOK GROUP

The next meeting will be held in the Library, 6:30pm, on Tuesday 22 October 2024

The book to read is:



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

Contact: Amanda Hawke:
01438 222600

A banner for GCSEPod. It features the title 'How to support your child using GCSEPod' and the GCSEPod logo. Below the title is a row of small icons representing different subjects. The text describes GCSEPod as an award-winning expert in Subject Knowledge that provides 3-5 minute bursts of audio-visual, teacher-written learning. It lists 'Tips & Tricks' such as watching online or offline, creating playlists, using favourites, and memory cards. It also provides instructions on how to activate a GCSEPod account. At the bottom, there are contact details: GCSEPOD.COM, INFO@GCSEPOD.COM, and 0191 338 7830.

University Focus

The class of 2024 have left us and results day saw many of our Y13 leavers off to new and exciting opportunities, apprenticeships, jobs or university courses. We wish them all luck in their future endeavours and look forward to seeing them all again in December when they return to Nobel to celebrate, and collect their certificates.

Seventy nine of our Y13 leavers accepted places at university and I would like to acknowledge the efforts of those students, the support of parents/guardians/carers, form tutors and, of course, Dr Mienzakowski (UCAS Co-ordinator) in securing these places.

For our new Year 13 cohort, this year is both a busy and exciting time, as our students plan their next steps and, in the summer term of Y12, the students began in earnest, researching and preparing to make informed decisions about what to do next. As the new UCAS Co-ordinator, I am delighted to be working to support students in Y13 who wish to make an application to university, and I will be working closely with Y13 form tutors, Mrs Saville and the students to get these applications ready.

Parents and guardians too play a key role in supporting this process and many of you have perhaps already been on university open days or have some planned. In this newsletter I will give a flavour of what is happening in school and a few other key pieces of information. For now, here are a few links to help parents and guardians understand more about UCAS and to support the application process. Further support can be found on the school website, under the Sixth Form tab (applying to university) and from UCAS @ www.ucas.com/undergraduate/applying-university/writing-personal-statement/how-write-personal-statement

Advice for parents, guardians and carers - 2025

<https://www.ucas.com/discover/advice-parents-guardians-and-carers>

www.ucas.com/file/836141/download?token=zZ3xQW58

Open days

University open days are an opportunity to visit towns, cities and campus universities and get a real feel for the environment. They can be really insightful and offer the opportunity for tours, visits to undergraduate accommodation and subject talks. Here is a link to a calendar of open days happening in September and some things to think about when planning your trip.

www.opendays.com/calendar/ - a list of what open days are on when.

www.thecompleteuniversityguide.co.uk/student-advice/where-to-study/how-to-plan-for-a-university-open-day -

If you can't make an open day, please check the university website as many will offer visits on alternative dates or virtual events.

In school - some of our UCAS activities this half term:

- ◆ Y13 assembly - reminder of the UCAS processes
- ◆ Y13 information evening with Mrs Saville. Further UCAS information for parents.
- ◆ Y13 PSE researching courses and writing personal statements
- ◆ Drafts of personal statements started and sent to form tutor
- ◆ 1-1 meetings for those making early entry applications

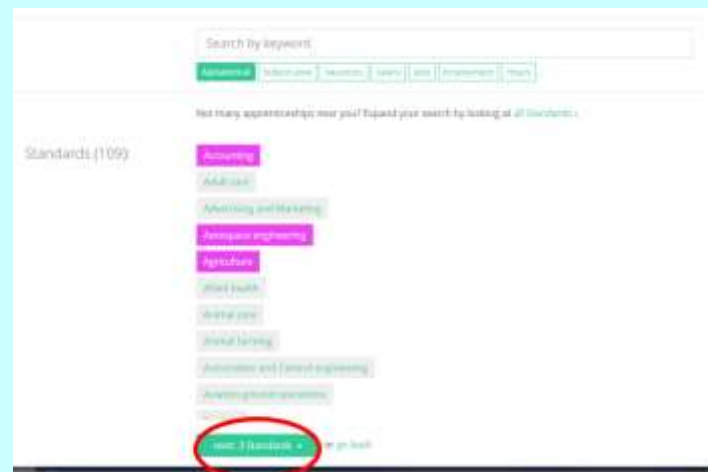
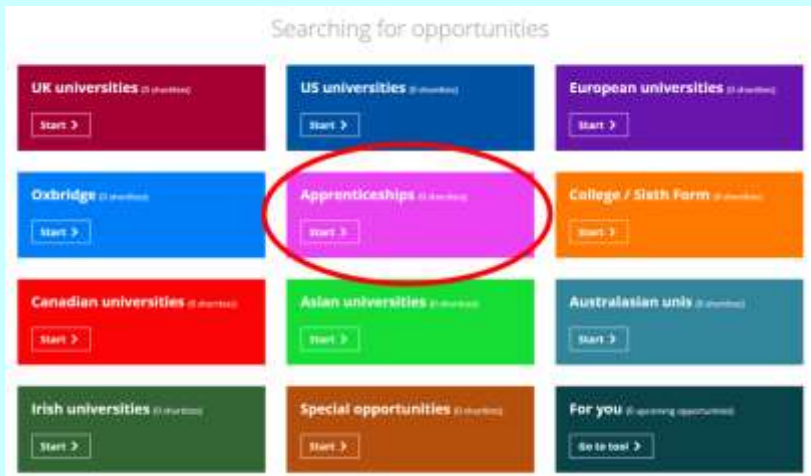
Mrs Una Bright

UCAS Co-ordinator

Year 13 Applying for Apprenticeships: Support for Parents

The first port of call is Unifrog. Scroll down to the 'Searching for opportunities' section (left graphic):

Different categories are available to view - alphabetical, subject area, etc - (right graphic) select up to 10 and then click next.



Choose how far from home to search and the apprenticeship level (see below):

Intermediate - Develop basic knowledge and skills for specific jobs. Formal qualifications are not usually required, though you might need English and Maths at GCSE level or to take equivalent functional skills training.

Advanced - Develop good knowledge and skills for specific jobs. You'll usually need to have a few GCSEs including English and Maths.

Higher - Develop high knowledge and skills for specific jobs. You'll usually need to have GCSEs including English and Maths, and you'll often need an A level or equivalent qualification that is relevant for the role.

Degree apprenticeship - Develop high skills for a specific job, while also getting a related Bachelor's or Master's degree. You'll usually need to have achieved good grades on A levels or equivalent qualifications that are relevant to the role.

Click on an opportunity that is of interest, and comprehensive information will be provided (see left).

The key is to check frequently as new opportunities appear all the time and people apply for them quickly.



Mrs Jackie Saville
Head of Year 13

Developing Character

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

The Character Conundrum for 23/09/24 - 04/10/24 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.

Character Conundrum 2 – EMPATHETIC

Karl has lots of friends and is seen as one of the popular people in school as he gets on with everyone. One day he is with a small group of his friends, and they go into a local shop. The gentleman behind the counter is Asian with a thick accent and, on the way out, one of Karl's friends makes a comment that the man should go back to his own country or at least learn to speak English properly. Karl is appalled but doesn't want to lose friends as he is pretty sure that his friend only meant it as a 'joke'.

What should he do?

Support

How young people are seen within their peer groups is incredibly important to them. Often, they just want to fit in – even in the face of such blatant and completely unacceptable racist behaviour. What if the other friends don't back him up and take the side of the other student? Do they have a strong enough character to stand up to them and understand that these are exactly the type of people that are not good friends – or indeed good human beings?

Questions

- ◆ Can you identify the moral dilemma in this situation?
- ◆ What would you do?
- ◆ Is there ever a situation where making comments like this is acceptable – even as a joke?
- ◆ Would you be worried about what the other friends would think?
- ◆ How would it make the shopkeeper feel if he had heard the comments?

Mr Nick Brown
Assistant Head

Dates for your Diary

Tuesday 24 September: KS5 Information Evening (online) 3.30 - 5.00pm

Thursday 26 September – Tuesday 1 October: Scholastic Book Fair



PE Club Spotlight: Mondays after school in September

Day: Monday

Clubs: Year 7 Boys' Football, Year 8 Boys' Football, Year 7 and 8 Netball, Girls' Rugby and Boys' Rugby

Time: After school, 3:05-4:05pm

Location: Field, Astro and MUGA

Club leads: Mr Carolan, Mr Howells, Mrs Camp, Mrs Hill, Mr Ferguson

During the first after school clubs session on Monday 16 September, 90 students attended sporting extra-curricular clubs from boys' and girls' rugby to Year 7 and 8 netball in the glorious sunshine.

It was fantastic to see students from across Key Stage 3 and year 10 in action on the field, astro and MUGA taking part in six different clubs. All of the clubs on offer will provide selected students the opportunity to represent the school at sporting fixtures for one of the Nobel teams. More information will be provided by the club leads as and when these opportunities arise.

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

- ◆ *"I genuinely didn't think I would like rugby, but I attended my first club session and loved it. I can't wait until next week."*
- ◆ *"Attending clubs allows me to play my sport and spend time with my friends."*
- ◆ *"It is great to be back at football club and I hope I am selected for the Year 8 team!"*

Both parents/guardians and students can be reminded of the extra-curricular processes and offering in Physical Education by visiting the following link: https://nobelhertssch-my.sharepoint.com/:b:/g/personal/regan_carolan_nobel_herts_sch_uk/EQy2YiGqCj5MkTffpH5G40kBzXkNoXFNEOxqyRIJhsZH5w?e=bsNhfA

[regan_carolan_nobel_herts_sch_uk/EQy2YiGqCj5MkTffpH5G40kBzXkNoXFNEOxqyRIJhsZH5w?e=bsNhfA](https://nobelhertssch-my.sharepoint.com/:b:/g/personal/regan_carolan_nobel_herts_sch_uk/EQy2YiGqCj5MkTffpH5G40kBzXkNoXFNEOxqyRIJhsZH5w?e=bsNhfA)

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

Autumn Term PE and Dance Extra-Curricular Clubs List

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 girls football, Years 7 to 10 netball and Years 7 to 9 boys and girls rugby.

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



MINIS RUGBY
DATCHWORTH RFC

- Teamwork
- Respect
- Enjoyment
- Discipline
- Sportmanship

SUNDAY MORNINGS
9:30AM - 11:00AM

FREE TRIAL SESSIONS
15TH & 22ND SEPT 2024

If you cannot make these dates contact us to arrange alternative trial dates.



lynne.solomon@datchworthsportsclub.com

		NOBEL PE AND DANCE <small>To encourage maximum participation through an inclusive curriculum. Inspiring students to fulfil a lifelong, healthy active lifestyle.</small>	
		Lunch-time 1:30-2pm	Afterschool 3:05-4:05pm
EXTRA CURRICULAR CLUBS	MONDAY	Year 7 Health Related Fitness (Fitness Room) – CHL	Girls Rugby (Field) – all years – CHL
		KS3 Badminton (Sports Hall) – ECP/SHS	Boys Rugby (Field) – all years – JFN
	TUESDAY	Health Related Fitness (Fitness Room) – all years – ECP	Year 7 Boys Football (Astro) – SHS
		KS4 Badminton (Sports Hall) – NCT/JFN	Year 8 Boys Football (Astro) – RCN
	WEDNESDAY	Health Related Fitness (Fitness Room) – all years – PWR	Year 7 and 8 Netball (MUGA) – ECP
Girls Futsal (Sports Hall) – all years – CHL/NCT		AUTUMN TERM 2024	
THURSDAY	GCSE and A Level Dance Rehearsal (Dance Studio) – invite only – RLN/RPD		Girls Football (Astro) – all years – JSE/NCT/RCN
	Health Related Fitness (Fitness Room) – all years – RCN		Basketball (Sports Hall) – Week A YEAR 7, Week B YEAR 8&9 – JFN/PWR
	KS4 and KS5 Basketball (Sports Hall) – JFN		GCSE Sports Performance Club (attendance required upon invitation) – NCT
FRIDAY	Girls Health Related Fitness (Fitness Room) – all years – JSE		Year 9 Netball (MUGA) – RCN
	Pickleball (Sports Hall) – all years – PWR	Year 10 Netball (MUGA) – CHL	
	KS4 Table Tennis (GYM) – RCN	Year 9 and 10 Boys Football (Astro) – PWR	
	Afrobeats Dance (Dance Studio) – all years – RLN	Nobel Dance (Dance Studio) – all years – RLN/RPD	
		Girls Fitsticks and Bounce (Dance Studio) – RCN	

DRAMA SINGING DANCE

Delivering fun and engaging performing arts classes
led by professional tutors since 1995

JIGSAW STEVENAGE

TWO
WEEK TRIAL
AVAILABLE
BOOK NOW!

Barnwell Upper School
Shephall, Stevenage
SG2 9SR

Saturday mornings

3-18 years

EST. 1995

T: 01438 518336 W: jigsaw-arts.co.uk/stevenage



DRAMA SINGING DANCE



Jigsaw has been providing high quality performing arts classes for more than 25 years, giving your child a place to belong!

- Drama, singing and dance
- Learn social skills, build self-esteem
- Two week trial available to all new customers
- 90 minute sessions for children aged 3 to 6
- Three-hour sessions for children aged 7 to 18
- Students are taught by specialist performing arts tutors
- End of term shows, presentations, certificates and awards

The safety of our students is a priority, whilst maintaining a fun and engaging environment. All teachers are DBS checked.

Visit www.jigsaw-arts.co.uk/stevenage for more information, or call **01438 518336** to speak with a member of our team and book a two week trial today!

CLASSES AT:

Barnwell Upper School
Shephall, Stevenage
SG2 9SR

Saturday mornings

5-6 year olds:
9.30am - 11.00am

3-4 year olds:
11.30am - 1.00pm

7-18 year olds:
10.00am - 1.00pm



Like us on Facebook
@JigsawStevenage



Follow us on Instagram
@jigsaw_stevenage



Contact us via WhatsApp
01438 518336

T: 01438 518336 E: stevenage@jigsaw-arts.co.uk W: jigsaw-arts.co.uk/stevenage

EST. 1995

Free School Meals

Your child can get a free school meal if you receive any of the following:

- **Income Support**
- **Income-based Jobseekers Allowance**
- **Income-related Employment and Support Allowance**
- **Support under Part VI of the Immigration and Asylum Act 1999**
- **The guaranteed element of State Pension Credit**
- **Child Tax Credit** (as long as you're not also entitled to Working Tax Credit and you don't get more than **£16,190** a year)
- **Working Tax Credit run-on** (paid for 4 weeks after you stop qualifying for Working Tax Credit)
- **Universal Credit** (with annual earned income of no more than **£7,400** after tax and not including any benefits you get).

Apply today if you receive any of these benefits. It takes **5 mins** and in most cases you will know straightaway if your child can get free meals at school.

<https://www.hertfordshire.gov.uk/services/schools-and-education/at-school/free-school-meals/free-school-meals.aspx#music>

Children in year 3 or older might be entitled to other benefits such as help towards [music lesson costs](#) and half price bus travel.

You're entitled to this extra help if you're eligible for free school meals or if you get:

- Child Tax Credit, payable at a higher rate than the family element (more than £547.50)
- Working Tax Credit
- Housing Benefit
- Council Tax Support (not including second adult rebate)
- Universal Credit with annual earned income of no more than £7,400 (for 100% music help) or £15,000 (for 50% music help) after tax

Parent & Carer Support TALKING ASD & ADHD Workshops Autumn 2024



Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

[Eventbrite Page](#)

THE TEENAGE YEARS



- Teenage brain development and how it affects a child with ASD/ADHD
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

Monday 25th November 7.30-9.15pm

Workshop SL690 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-690-for-parents-carers-in-herts-registration-91574977117?aff=odseeventcollection>

RESPONDING to ANGER



- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

Monday 4th November 7.30-9.15pm

Workshop SL688 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-688-for-parents-carers-in-herts-registration-91573028417?aff=odseeventcollection>

TECH USE



- What you can do to keep your child safe online.
- Helping your child to switch their device off.
- What you can do to support any difficulties with behaviour when your child is playing.
- The effect of using their devices as a reward or consequence.
- Managing difficult conversations with confidence.
- Teaching your child to develop their own methods of regulating device use and staying safe.

Thursday 21st November 9.30-11.15am

Workshop SL689 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-689-for-parents-carers-in-herts-registration-915726881757?aff=odseeventcollection>

SCHOOL AVOIDANCE



- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child and look after yourself.
- How to work with your school in your child's best interests.

Wednesday 23rd October 9.30-11.15am

Workshop SL687 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance-687-for-parents-carers-in-herts-registration-915112086697?aff=odseeventcollection>

Follow on:



Contact via:

info@supportinglinks.co.uk
www.supportinglinks.co.uk

Funded by Hertfordshire County Council's Targeted Parenting Fund



Family Lives Autumn Term Programme 2024

Bringing Up Confident ADHD/ASD Children (6 weeks) Online group

Thursday 19th September to 24 October 7.00pm to 9.00pm OR

Tuesday 8 October to 19 November 9.30am to 11.30am

If your child has ADHD/ASD, or you think they might, join our free online group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

Less Shouting, More Cooperation (6 weeks) Online group

Monday 11 November to 16 December 9.30am to 11.30am

Do you feel you are constantly nagging or shouting at your child to get what you need? Join our free online group to help you be more effective at getting your child to cooperate and listen to you.

Dads Together

Wednesday 6 November to 11 December 7.00pm to 9.00pm

Calling all Dads - join our free online group, come along and receive support from other dads to help you be more effective at getting your child to cooperate and listen to you.

Anxiety around ADHD Online Workshop

Thursday 10 October 7.00pm to 9.00pm

Reducing Conflict Online Workshop

Tuesday 26 November 9.30am-11.30am

Sibling Rivalry Online Workshop

Thursday 12 December, 7.00pm to 9.00pm



SCAN ME!

For more information, please contact Louise on 0204 522 8700/8701, or email services@familylives.org.uk. Please scan our QR code for our referral form.

Family Lives is registered as a company limited by guarantee in England and Wales No. 307762. Registered charity No. 1077722. Registered address: The Amber Ink House, Salisbury Square, Hatfield, Hertfordshire AL9 5AD



Parent & Carer Support Autumn Term 2024



FREE to parents and carers living in Hertfordshire

TALKING TEENS

6, weekly sessions for parents and carers of children aged 12-19, covering:

- The Teen Brain: physical and emotional changes taking place and why behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



Tuesdays 7.45-9.15pm

17th Sept - 22nd Oct

Online Course: ID 682

Wednesdays 7.45-9.15pm

5th Nov - 10th Dec

Online Course: ID 683

Wednesdays 7.45-9.15pm

6th Nov - 11th Dec

Online Course: ID 684

TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged 12-19, supporting you to:

- Understand why teens and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.



Wednesdays 7.45-9.30pm

18th Sept - 23rd Oct

Online Course: ID 681

TALKING DADS

6, weekly sessions for dads & male carers of all ages, sharing information on:

- Improved listening and communication skills.
- A healthy dad-child relationship now and for the future.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.
- Being the dad, you want to be.



Wednesdays 7.45-9.15pm

18th Sept - 23rd Oct

Online Course: ID 685

Wednesdays 7.45-9.15pm

6th Nov - 11th Dec

Online Course: ID 686

TALKING FAMILIES

6, weekly sessions for parents and carers of children aged 0-12 sharing tips on:

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self-esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.



Tuesdays 9.45-11.15am

17th Sept - 22nd Oct

Online Course ID 678

Tuesdays 7.00-9.00pm

5th Nov - 10th Dec

Venue: To be confirmed

STEVENAGE Course ID 679

Thursdays 8.00-9.30pm

19th Sept - 24th Oct

Online Course ID 680

TALKING ANXIETY in FAMILIES

6, weekly sessions for parents and carers of under 12's, supporting you to:

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety.
- Reduce stress and tension.
- Encourage resilient behaviour.



Tuesdays 9.45-11.30am

5th Nov - 10th Dec

Online Course ID 677

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children with any additional need from 2-25. Your child does not need a diagnosis to join.

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Increase your child's resilience.
- Manage different needs in your family.



Mondays 8.00-9.30pm

16th Sept - 21st Oct

Course ID 675

Wednesdays 9.30-11.30am

6th Nov - 11th Dec

Venue: To be confirmed

ST ALBANS Course ID 676

Booking essential. Please Quote the Course ID

To check eligibility and book a place, please contact Supporting Links on: 07512 709556 or bookings@supportinglinks.co.uk

These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund. Information taken on booking will be used to process your booking, check your eligibility, identify any access needs and will be stored in accordance with our GDPR policy which is available on request.



Page 2 of 2