

Nobel News

31 January 2025
Edition 13.09



Nobel

From the Headteacher

Dear Parents and Carers

I could not imagine doing my job without my iPhone 15, and yet I was born in 1961 when mobile phones were something from science fiction and the only televisions available were black and white, my family did not get a colour television until I was 13 years old. Most of my life was lived happily without a phone, in fact I got my first mobile phone in 2003, at the age of 42. Childhood, school, university, and a large chunk of my career without them. How did we manage?

This is not a piece arguing against the mobile phone, far from it. My argument is that having managed without such a device for so long, why are they now 'essential'? Do our kids really need to bring a phone to school at all? These are big questions, the 'cat is out of the bag' so to reverse technology is not realistic and to ban phones is impractical.

Being 'on your phone' is now a pastime – we all do it. But is it healthy to gaze reels, ponder Tik-Tok or communicate on snap chat. My argument would be the same as it is for life in general - 'everything in moderation' We look at our screentime at a leadership meeting, some of us were horrified with the amount of time spent gazing into our screens.

And, what of the quality of the material we are looking at? We know that we can find racism, misogyny, pornography, and violence if we so wish and that not everything, we read on the internet is true. Moreover, research suggests that excessive phone use can have a significant impact on mental health, particularly among young people. Studies have linked high screen time to increased anxiety, sleep disturbances, and lower self-esteem, often due to social media comparison and the pressure to stay constantly connected.

With this in mind, we are going to work with our young people and their families to reduce screen time. We will be surveying students about their mobile phone use, sharing a recent trial where young people gave up their mobile phones and the subsequent benefits, and asking for volunteers to take part in a trial where they look to reduce their screen time. We will be running an online parent workshop to help you with supporting your child. The Safeguarding Team will be in touch soon with more details.

In the meantime, thank you for your continued support,

Kind regards
Martyn Henson

We Can Kick It!

On Tuesday 4 February, which is World Cancer Day, I will be taking three sixth form students to take part in the London Football Stadiums' walk in aid of a charity called We Can Kick It.

We Can Kick It provide opportunities for children who are experiencing cancer access to specifically designed and completely free football coaching sessions. Last June, the three sixth formers volunteered their time to coach alongside me at a solving kids' cancer event held at Knebworth House. The three students all showed a high level of compassion and care and really enjoyed doing the coaching.

Austin Holland, Samuel Huttleston and Teddy O'Brien will be joining the 40-mile walk at Arsenal Football Club and walking with the team from We Can Kick It to Fulham Football Club.

With recent UK Charity status, We Can Kick It aims to provide a free and safe place for children to enjoy football and also provide respite for families. If there is anyone that would like to sponsor the event please see link provided. For any other information please see www.wecankickit.org



[https://www.justgiving.com/page/richard-moore-1736415978114?
utm_term=dPGzWp3gg&utm_medium=FA
&utm_source=CL](https://www.justgiving.com/page/richard-moore-1736415978114?utm_term=dPGzWp3gg&utm_medium=FA&utm_source=CL)

Mr Richard Moore
Teacher

Current House ABC Points Totals

24 January	House	ABC Points
1st	Curie	22,264
2nd	Mandela	20,668
3rd	Teresa	20,182
4th	Eliot	18,536

Success at the British Shooting Schools Rifle Championship

Congratulations to Harry Spencer (9C AMY) and Harry Archer (10M NWS) who regularly represent Nobel at the British Shooting Schools Rifle Championships, both individually and within their team 'Stevenage Scouts Shooting Team'.

Back in November, the boys travelled to Norwich for the British Shooting Schools Rifle Championships - Intermediate Sporter (East of England region). Harry S finished first place with a gold medal. Harry A finished third place with a bronze medal. Harry S and Harry A joined another Stevenage student and entered as a youth team in the same category and achieved a gold medal win as a team, qualifying for the national finals.

Harry S has been successful in the British Shooting Schools Rifle Championships - Intermediate level sporter both as an individual and also in a youth team and is now through to the national finals, which will be held in Cannock, Staffordshire, on Wednesday 5 February.

Further information relating to the results can be found below:

<https://britishshooting.org.uk/media/b538a482-959e-49e4-a4c0-ecde780bdd9c.pdf>

<https://britishshooting.org.uk/media/5bb7180a-7887-4545-a945-a07a3ca51177.pdf>

Well done Harry and Harry and good luck in the national finals!

Mr Regan Carolan
Teacher of PE



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, which includes a photograph, which can be featured in the school newsletter:

Regan.Carolan@nobel.herts.sch.uk

Dates for your Diary

Wednesday 12 February: Year 10 Parents' Consultation Evening, 3.30 - 6pm

Monday 17 - Friday 21 February: Half-term break

Wednesday 26 February: Year 7 Parents' Consultation Evening, 3.30 - 5pm



Physical Education Fixtures Spotlight: January 2025

Please see below some of the sporting fixtures that Nobel have taken part in over the past few weeks, up to and including Tuesday 5 November. 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.

Date	Team and Sport	Opposition	Result	Player of the Match
Monday 13/01	Senior Basketball	Fearnhill	25-72 WIN	J Jubilo
Wednesday 15/01	Y9 Girls Football	Thomas Alleyne	6-2 WIN	E Dillnutt
Wednesday 15/01	Y7 Netball	Barnwell	1-6 Loss	R Jackson
Tuesday 21/01	Y7 Basketball	Thomas Alleyne	30-26 WIN	M J Turkson
Wednesday 22/01	Y10 Netball	Thomas Alleyne	8-5 WIN	S Barker
Wednesday 22/01	Senior Basketball	Marriotts	28-53 WIN	L Fatuzzo
Thursday 23/01	Year 8 Basketball	King James Academy	21-27 Loss	S Offiong

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.

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/EQy2YiGqCj5MkTffpH5G40kBzxcNoXFNEOxqyRIJhsZH5w?e=bsNhfA

Mr Regan Carolan
Teacher of PE



Senior Basketball Team through to District Final

On Wednesday 22 January, the Senior Basketball team took on Marriotts School in their last group stage game of the District League. With both Nobel and Marriotts having only lost once each this season, this game was a 'must win' fixture for both schools, with the winner being guaranteed a spot in the District Final vs Hitchin Boys' School. The Senior Basketball squad have been training hard twice a week since September and this hard work culminated in a superb team performance that saw Nobel beat a very good Marriotts team 53 - 28.

Having played and lost to Hitchin Boys' once this season, Mr Ferguson and the squad will look to analyse this last game and train hard for the next month to, hopefully, reverse the result in the District Final, scheduled for Monday 24 February.



Most Valuable Player (MVP) vs Marriotts School - Leonardo Fatuzzo with 18 points.

Mr Jack Ferguson

Teacher of PE

Nobel Celebrates Student Success

On Sunday 15 December, Logan Wise (8E ECP) and one other student from their club TTKD Org, were invited to participate in their First Dan of Black Belt Grading, along with another student who was going for her 3rd Dan.

Logan is pictured with his coach, Master Toulas Stravropoulos, who takes the students, and prepares and advises if they are eligible for grading. They went off to Basingstoke for a 9:30am start and, along with other students from other clubs, were in there for 4 hours going through terminology, patterns, sparring and breaking boards.

Logan's hard work, determination and dedication to training 6.5 hours a week, along with the support and encouragement of his club, earned him a well-deserved Black Belt, which can lead him to more opportunities within the club in the future.



A huge congratulations to Logan!

Mrs Emma Camp
Head of PE

Novelist, Matt Dickinson, visits Nobel

On Friday, we were lucky enough to have Matt Dickinson (novelist and film maker) visit to speak to many of our students on the themes they have been exploring within our English lessons this year. Matt spoke about heroes, power and women in literature, to our different Key Stage Three cohorts, and spoke about his non-fiction work that has also appeared in one of the GCSE Language exams. Matt's novels include 'The Everest Files' and 'The Mortal Chaos' trilogies.

Matt spoke on the writing and publishing process as well as encouraging us to identify our own aspirations and how we should strive to achieve those aspirations step-by-step. His insights and personal aspirations were incredible and I hope he inspired our Nobelians to persevere even when life seems to be working against them.

We have multiple copies of his novels in the library if our students wish to read more of his works.

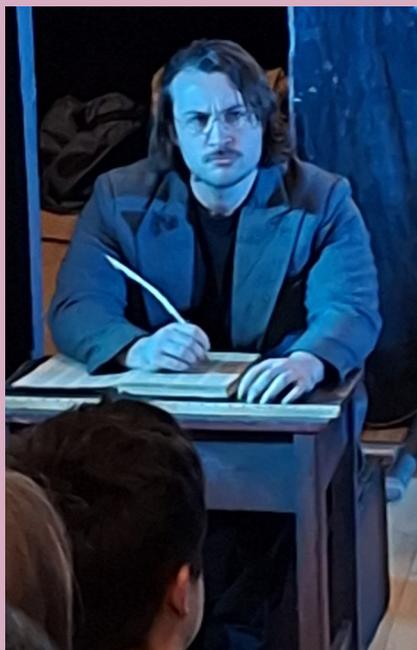


Matt also ran a writing workshop with a selection of year 8 students where he inspired them to be brave, put themselves out there by identifying their unique selling points and promoting their strengths through their own persuasive written work.

Miss Lisa Steele

English teacher

A Christmas Carol



The theatre came to Nobel School on Tuesday as all Year 11 students studying 'A Christmas Carol' were lucky enough to experience their GCSE literature text come to life in a one hour performance which drew their attention to the main characters and themes in advance of their final 19th century text mock exam.

Students were transported to Victorian England and were swept up in their initial hatred for the cruel-hearted Scrooge and growing sympathy for Tiny Tim as they recalled Dickens' messages of kindness and giving.

Miss Lisa Steele

English teacher

Years 7 and 8 Girls' Cricket Leadership Day 2025

On Thursday 23 January, 21 students from Years 7 and Year 8 took part in Girls' Cricket Leadership Training. The opportunity was led by Hertfordshire Cricket and Chance to Shine and was a wonderful opportunity for the students to join a programme which contributed to The Nobel School winning 'Secondary School of the Year' at the national Chance to Shine Awards in 2024: <https://www.youtube.com/watch?v=85ikKDwzFgQ>

Students were able to sign up for this opportunity via Satchel One and it was brilliant to be overwhelmed with responses from students who want to develop their leadership skills and grow girls' cricket within the school.

To start the day, the students focused on building the skills of young leaders, which included exploring the skills, qualities and behaviours of a good leader and how they are going to become inspirational role models. The day started with the girls working with partners, using their problem-solving skills in a rope puzzle.

Having looked into the STEP principle, showing the students how to adapt a session, they led their own 10-minute activity focusing on a core skill such as bowling or fielding. They were in charge of collecting their equipment, setting it up and explaining the instructions to their peers. It was impressive to see the students being so creative and putting their own spin on the activities they led. Rebecca was incredibly impressed with how the students pushed themselves out of their comfort zones at every opportunity.

In the afternoon, the students learnt the rules to Rapid Fire Cricket, which is a competition format followed by primary schools. In order to show they had learnt everything they needed to know, the students participated in their very own game, taking it in turns to umpire, score and lead to their peers. They managed to get through lots of content in the day, learning new concepts and developing their leadership skills. For many of the students, this was the first time they had looked at cricket in great detail.

Now the students have successfully completed the training day, they will be expected to assist with and participate in the Girls' Cricket Club which takes place every Thursday lunchtime. Students will also have the opportunity to attend local primary school events to assist with the Stevenage Sporting Futures Team and Hertfordshire Sports Partnership Dynamos and Rapid Fire Cricket competitions in the spring and summer terms.

It was fantastic to see the girls so enthused by this opportunity. They fully engaged with the activities throughout the day and are passionate about growing girls' cricket. Thank you to Rebecca from Hertfordshire Cricket for another superb session.

Student Report: *The overall experience of cricket leadership was fantastic. We started the day by working on teamwork and communication skills by tying ropes to our hands, tangling ourselves up and working together to free each other. Later, we were put into groups to lead an activity for the other groups to complete. I found this fun as some of the activities we did were really enjoyable and even got a little competitive!*

To end the day, we learnt to play and score a game of rapid fire cricket. This type of cricket was really fun and at the end it was extremely competitive with a group winning by only 1 run. I would like to say thank you to Rebecca from Hertfordshire Cricket for running a wonderful event.

Janeisha 8C RCN

Years 7 and 8 Girls' Cricket Leadership Day 2025



Well done to the following students who have successfully completed the training day:

Year 7: Penny, Layla C, Shikana, Shaylen, Rebecca I, Rebecca J, Rosie, Elisse, Amina, Ivy

Year 8: Lucy, Chloe, Janeisha, Layla H, Lacey, Scarlett, Emily, Amelie, Sofia, Jasmine, Eliza

PE Club Spotlight: Girls' Cricket Club

Day: Thursday

Time: Lunchtime, 1:30-2:00pm

Location: Gymnasium/Sports Hall

Club lead: Mr Carolan and Hertfordshire Cricket Coach

Girls' Cricket Club has returned with Hertfordshire Cricket running a lunchtime club every Thursday in the gymnasium/sports hall. This continues our partnership with Hertfordshire Cricket, which have already led this club and leadership training days for some of our sports leaders.

Playing cricket is a great way for children to make friends, learn new skills and to develop their fundamental movement skills. Cricket is open to all and there are lots of opportunities for children to learn the game.

In the spring and summer terms, Nobel will be entering students into various county cricket competitions.

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

- ♦ ***"I really enjoy my Thursday lunchtime sessions and love the friendly feel of the club."***
- ♦ ***"From the initial leadership day and now attending the club myself, my skills have developed so much."***

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

University Focus

ACCEPTING OFFERS: Last week, Mrs Saville spoke to Y13 in assembly about accepting offers and here is a brief summary of what we shared. Students will have an individual reply deadline for accepting offers, only once they have received decisions from all of their choices. They can see this deadline on their TRACK profile as seen here:

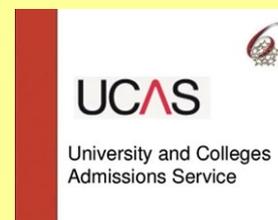


They make one FIRM choice and one INSURANCE choice. The firm choice is the place they will go to if they make the conditions of their offer, and the insurance choice should have lower conditions of entry. Should they not make the conditions of the firm choice but do meet those of the insurance choice, this is where they go. Students should consider carefully both offers and universities and ensure that they would be happy to go to either place.

Some students are holding *unconditional* offers and, again, we ask students to carefully consider if this is the place they want to go. Despite the name, some of these *do* make conditions such as selecting that university as a firm choice. Level 3 qualifications (A levels and CTECs) do matter and will appear on job applications long after school and university is over, so students must ensure they do not allow an unconditional offer to interfere with their efforts, studies and potential. We have reminded students to look at graduate employment statistics for their university degree and these can be found on a number of university league tables two of which are referenced here: (students can filter by course)

<https://www.thecompleteuniversityguide.co.uk/league-tables/rankings>

<https://www.theguardian.com/education/ng-interactive/2024/sep/07/the-guardian-university-guide-2025-the-rankings>



UNIVERSITY PREPARATION - Opportunities for students in Year 12 or Year 11

This week, Y12 students who are considering applying to Oxford or Cambridge were emailed with opportunities to sign up to a number of events run by the University of Cambridge. The first link below is also open to Y11.

- ◆ **27-31 January:** a series of webinars aimed at aspiring applicants currently in **Years 11 or 12 (also open to parents)** <https://www.undergraduate.study.cam.ac.uk/events/think-cambridge>
- ◆ Subject Masterclasses now available for booking (current Y12 students) (Feb to May for many subjects) <https://www.undergraduate.study.cam.ac.uk/events/masterclasses>
- ◆ Essay competition: Arts and Humanities <https://www.undergraduate.study.cam.ac.uk/events/armstrong-arts-and-humanities-essay-competition-2025>

In addition to these events many individual colleges have advertised open days, some of which can be found here: <https://www.undergraduate.study.cam.ac.uk/events-listing>

Mrs Una Bright

UCAS Co-ordinator

Library News

Due to the increased popularity of Graphic Novels, we have recently moved this genre to a bigger and more prominent bookshelf in our library.

We have a varied selection of books from well-known authors such as Anthony Horowitz, James Patterson, Rick Riordan and Raina Telgemeier, who writes about more relatable issues.

Titles available range from 'Sisters' and 'Smile' to 'Macbeth' and 'Great Expectations' and lots more.

How about creating your own Graphic Novel? We have templates available on our display together with books giving you tips and ideas on the art of drawing Manga and creating your own Anime.

If you haven't already, please pop into the library and browse the range we have.

We are adding new books to this section, so remember to check our New Book display for the latest additions.

"Pictures make it easier to explain the story" Year 7

"They have amazing stories and good character development. They don't take long to read" Year 7

"I like reading books and, sometimes, if I read a Graphic Novel, I will then go on to read the actual book" Year 7

"I like to see the facial expressions" Year 11

"Graphic Novels are easy to understand" Year 11

"Pictures make the story more exciting" Year 11

"I love the artwork and the inkwork and the way it is drawn, especially the black and white images" Year 11



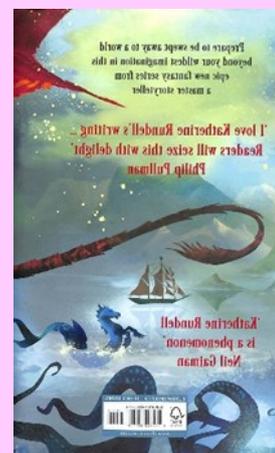
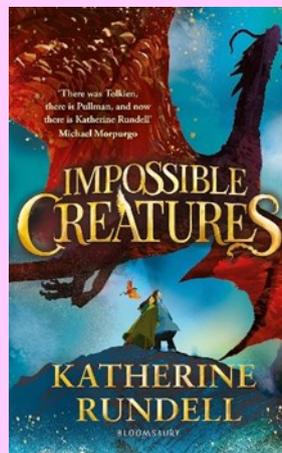
Mrs Amanda Hawke
Librarian

Award winning New Book to the Library

Author of the Year British Book Awards
2024

Children's Fiction Book of the Year 2024

Waterstones Book of the Year 2023



Book review by Y7 student:

If you liked Katherine Rundell's other books such as 'The Explorers' or 'Rooftoppers' then you'll find this one a bit different. However, you will still really enjoy it.

It is set in an impossible world of mythical creatures such as griffins, unicorns and centaurs and features a little boy called Christopher and a little girl called Mal.

They search through the Archipelago with new special friends, hunting for the 'Immortal' to stop the darkness feeding on the glimmery.

I liked the part when Mal opened the coat so she could fly.



You have to read this book!

Each week we have a Genre focus

This week is

Mystery

Pop into the Library for
recommendations and to look at
our display



Library Opening Times

Monday 8:15am to 4:15pm

Tuesday 8:15am to 4:15pm

Wednesday 8:15 to 4:15pm

Thursday 8:15am to 4:15pm

Friday 8:15am to 3:45pm

Also remember, you have

Accessit
LIBRARY

Sparx Reader

whenever you need them

NOBEL SCHOOL PARENTS, STAFF and COMMUNITY BOOK GROUP

The next meeting will be held in the Library,
6:30pm, on Tuesday 11th March 2025

The book to read is:

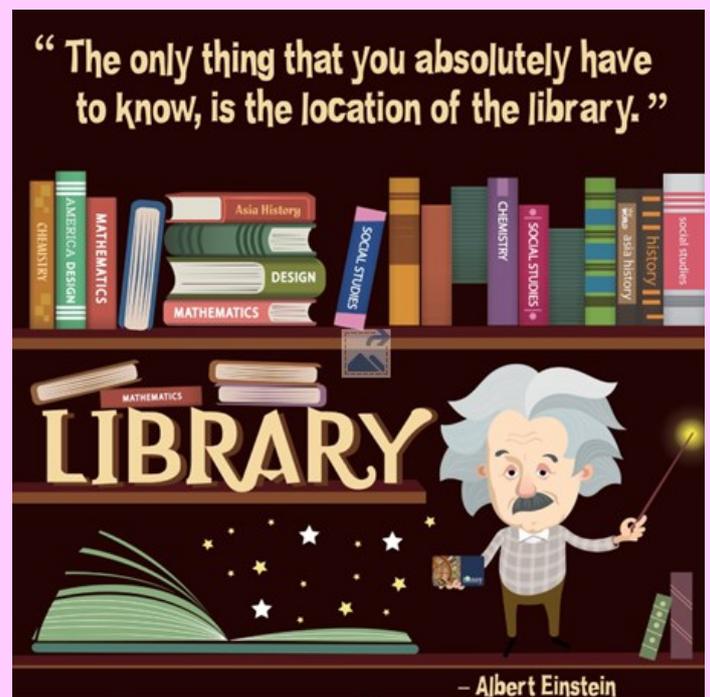


Read all or part of the book and discuss it in a
friendly informal group .

You are also welcome to bring your own book
recommendations to our meeting

Contact: Amanda Hawke:

01438 222600



Inter-house Sports Competition

Last week saw the first inter-house sport competition of the year. This half term, the focus is on football. Over the course of the next few weeks, each year group will have a tournament, spread over three days, to find out who is the best team in their year. On the first day, the two forms from each house play each other – the winners go into the *cup* and the losing team drops down into the *shield*. Semi-finals and finals are then played, to find out who is the best!

The first tournament was Year 7. After some incredibly tight games, 7M BLO emerged as the Year 7 champions – well done to them. The runners up were 7C AMF, with 7T LTL and 7E DMA sharing third place in the cup. Congratulations also to 7C TST, who won the shield final.

Each player gets an ABC point per day – plus extra points for winning or drawing.

This week's games see Year 8 going head to head, with Year 9 and 10 to follow in the next few weeks.



Mr Ben Philcox
Competition Co-ordinator

DAY	TIME	PITCH 1	PITCH 2
Tuesday	13:30	7C AMF v 7C TST 1 - 0	7M JSN v 7M BLO 0 - 2
	13:45	7E RME v 7E DMA 0 - 2	7T LTL v 7T AHY 1 - 0
Wednesday	13:30	(Winning Teams) 7C AMF v 7T LTL 1 - 0	(Losing Teams) 7C TST v 7T AHY 2 - 0
	13:45	7M BLO v 7E DMA 1 - 0	7E RME v 7M JSN 0 - 1
Thursday Finals	13:30	7C AMF v 7M BLO 0 - 2	7C TST v 7M JSN 1 - 0

FONS 100 Club Winners

November Winners

1st prize	R Buttress	16	£19
2nd prize	A Tooley	44	£13

December Winners

1st prize	G Williams	49	£19
2nd prize	A Castle	67	£13

January Winners

1st prize	S Marshman	25	£19
2nd prize	G Thompson	79	£13

Developing Character

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

The Character Conundrum for 03/02/25 - 14/02/25 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 10 – CONSIDERATE

On their way home, David and his brother were hungry and decided to have a burger from the local fast-food restaurant. After eating their burgers, David realised that they had made a lot of mess; there were bits of food and packaging all over the place, and even on the floor. He looked over and saw some other people leave the restaurant, leaving their waste behind, and he couldn't be bothered to clear up after himself. The door was right next to where they were sitting. What should he do?

Support

Again, an easy answer for students to identify that they should take their rubbish to the bin, but how many of them would actually do this? There are many times where we see other people do things we know to be wrong but then copy these actions and think '*they got away with it, so will I*'. Someone must clear the mess and, although there are staff in the restaurant paid to tidy up, is it really their job and do we have the right to add to their workload. How would the student feel if roles were reversed?

Questions

- ◆ Can you identify the moral dilemma in this situation?
- ◆ What would you really do if you were in the same situation?

- ◆ How would you feel if you were the person tidying up all the time when people didn't clear up their mess?
- ◆ Do you make a mess at home and, if so, who clears up after you? Is that really the role of a parent/carer?
- ◆ Would you ever consider saying something if you saw them leave loads of mess?

Mr Nick Brown
Assistant Head

Premier partner
ASCL Association of School and College Leaders

gcsepod
Education on Demand

SUPPORT YOUR CHILD ON THE PATH TO SUCCESS

Your child's school has invested in the award winning resource, GCSEPod, to help your child reach their goals! Join the thousands of parents encouraging their children to use GCSEPod to support learning, homework and revision.

"I found GCSEPod especially useful to compliment my knowledge and I'm certain it helped me secure the grades that I have been so happy to receive."
Student

"The correlation between success and failure was made almost 100% clear by the use of GCSEPod."
Yateley School

"My daughter used GCSEPod for her GCSEs and was very successful with her results, she absolutely loved your Pods and this style of revising."
Parent

- ◆ Proven to increase results
- ◆ 19 exam mapped subjects
- ◆ Available online and offline
- ◆ Audio visual content
- ◆ Builds confidence
- ◆ Use on the go, anytime, anywhere

For more information please visit www.gcsepod.com/parent

HOW TO LOGIN:

- 1) Go to www.gcsepod.com and click LOGIN
- 2) Click NEW HERE? GET STARTED!
- 3) Enter your child's details and confirm the name of the school they attend
- 4) Create a username and password

GCSEPOD.COM INFO@GCSEPOD.COM 0191 338 7830



**Herts Mental Health,
Learning Disability and
Autism Health and Care
Partnership**

Hertfordshire CYPMHS system newsletter

Bringing mental health and emotional wellbeing news and information to professionals working with Hertfordshire's children, young people and their parents and carers.



HOME HERTS CYPMHS NEWS & INFORMATION OTHER NEWS & INFORMATION CYPMHS REDESIGN UNDERSTANDING CYPMHS ASK THE CYPMHS SYSTEM
CYPMHS SERVICE DIRECTORY EVENTS and TRAINING VACANCIES SUBSCRIBE

Children's Mental Health Week
Know yourself, grow yourself
#5WaysHerts 3-7 February

Children's Mental Health Week 3-7 February 2025: "Know yourself, grow yourself"

Survey: Helping parents and carers to support their children's mental health

Action needed! Please help by sharing short survey with parents/carers

The Sandbox

New myth-busting short film from The Sandbox

NEW UPDATE

What changes are happening to Herts children and young people's community counselling services?

Hertfordshire Children and Young People's Mental Health Service Directory

CYPMHS Service Directory

- ◆ Watch and share the next in a series of short myth-busting films aimed at parents and carers to help address some common myths. Emily from The Sandbox digital mental health service for 10-25-year-olds explains that a child/young person doesn't need to have severe mental health problems before they can access professional help and that it is always better to ask for some advice and help as soon as the young person and/or their parents/carers notice a problem.
- ◆ Find out about the changes to Hertfordshire's children and young people's community counselling services happening this April.
- ◆ Take a look at Hertfordshire's Children's Wellbeing Practitioners workshops programme January-March 2025.

And lots more!

Get Into Teaching event
4pm-8pm, Tuesday 11 February 2025
Main Reception, Chapman Lounge,
College Lane, University of Hertfordshire.
Link to register delegate attendance:
<https://app.geckiform.com/public/modern/21FO00m3so2jv200fgzwihvr5h>

**Postgraduate event:
Get into teaching**

- Tuesday 11 February
- 16.00–20.00
- Register your place at go.herts.ac.uk/getintoteaching



Greenside School

Presents



Pete Wharmby

on 20th March 2025 at Greenside

6.30-8.30pm

To book email: admin@greenside.herts.sch.uk

In this session, Pete will explore how the world hasn't been built with autistic people in mind, and what can be done to make this difficult situation better.

Pete will look into various aspects of education and parenting, including school, healthcare and even travel, unpicking the hostile systems that make autistic people miserable and finding ways to improve the situation for everyone.

Pete is a late-diagnosed autistic author and speaker with 15 years' experience as a secondary school teacher. He has written two books on the subject of autism and is a single parent-of-one.

website: <https://petewharmby.com/>

To book a place please email – admin@greenside.herts.sch.uk

Greenside School Shephall Green Stevenage Herts SG2 9XS

**Stalls from - Families in Focus – Carers in Herts – SPACE – Angels – Herts Parent Carers -
ADD-Vance – Tracks-Autism for information and networking at the event**

Event open to parents and professionals living in Hertfordshire (DSPL2 schools and parents are free). £10 for all others. Places strictly limited to 100 after which a waiting list will be employed.

Please contact Greenside at admin@greenside.herts.sch.uk to book a place.



PLACES AVAILABLE IN OUR SPRING 2025 GROUPS

e: info@stand-by-me.org.uk
t: 07469 255139
w: www.stand-by-me.org.uk



Stand-by-me
Bereavement Support

BEREAVEMENT SUPPORT GROUP FOR SECONDARY STUDENTS

Our teen groups are open to all secondary-aged children living in North Herts and Stevenage and who have been bereaved of a significant relationship at anytime in their childhood.

ABOUT OUR GROUPWORK PROGRAMME

- Run over 6 sessions
- Provides a safe space for young people to share their experiences and emotions
- Staffed by a team of highly trained volunteers
- Shows young people that they are not alone

FIND OUT MORE

Referrals accepted from parents, carers and Contact-me Schools

Supported by:



Registered Charity: 1161055

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.



Wednesdays 7pm - 9pm
26th Feb - 2nd Apr
Face to Face: ID 707
Gade Community Room
Oakleaf Primary School,
Hemel Hempstead

Tuesdays 7.45 - 9.15pm
7th Jan - 19th Feb
Fully Booked
Online Course: ID 708

TALKING ANGER in FAMILIES

6, weekly sessions for parents and carers of children aged **0-11**, supporting you to:

- Understand why children 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
8th Jan - 15th Feb
Fully Booked
Online Course: ID 705

TALKING DADS

6, weekly sessions for dads & male carers, 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.



Mondays 7.45 - 9pm
6th Jan - 13th Feb
Fully Booked
Online Course: ID 710 0-19yrs
Thursdays 7.45 - 9.15pm
27th Feb - 3rd Apr
Online Course: ID 711 0-11yrs
Wednesdays 7.45 - 9.15pm
26th Feb - 2nd Apr
Online Course: ID 712 12-19yrs

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
7th Jan - 14th Feb
Fully Booked
Online Course ID 703
Tuesdays 8.00 - 9.30pm
7th Jan - 14th Feb
Fully Booked
Online Course ID 704
Tuesdays 8.00 - 9.30pm
25th Feb - 1st Apr
Online Course ID 702

TALKING ANXIETY in TEENS

6, weekly sessions for parents and carers of children **12-19**, 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.



Mondays 7.45 - 9.30pm
24th Feb - 31 Mar
Online Course ID 706

TALKING ADDITIONAL NEEDS

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

- 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.



Tuesdays 9.45 - 11.15am
25th Feb - 1st Apr
Course ID 701 2-19yrs
Wednesdays 7.45 - 9.15pm
8th Jan - 15th Feb
Fully Booked
Online Course ID 709 12-19yrs

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



Parent & Carer Support

BITESIZE PARENTING

A Supporting Links workshop collection



Practical interactive online workshops FREE to parents and carers living in Hertfordshire



Eventbrite page

HOW DO I GET MY CHILD TO EAT BETTER?

No matter how restrictive your child's diet is, there are things you can do to help

THU 16 Jan 2025 10-11 am

<https://bit.ly/4i0a5x>

WHAT IS GOING ON IN MY TEENAGER'S HEAD?

How & why adolescent development affects teen behaviour

THU 23 Jan 2025 7-8pm

<https://bit.ly/40VVLvA>

WHY DOES MY CHILD BEHAVE LIKE THAT?

Learn the 7 underlying causes behind all behaviour

MON 27 Jan 2025 1:30-2:30pm

<https://bit.ly/3V6TwBH>

WHY DOES MY CHILD GIVE UP SO EASILY?

Build resilience in your child and encourage them to have a go, or keep trying

WED 5 Feb 2025 12:30-1:30pm

<https://bit.ly/4eleoGt>

MORE OVERLEAF -->

Follow on:



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

Funded by Hertfordshire County Council for all parents & carers in Herts



HOW DO I GET MY CHILD TO LISTEN TO ME?

Improve communication by encouraging your child to listen to you and talk to you

MON 10 Feb 2025 7-8pm

<https://bit.ly/4eJprPM>

HOW CAN MY CHILD LEARN TO MANAGE THEIR FEELINGS?

Teaching emotional regulation to young people

WED 26 Feb 2025 12:30-1:30pm

<https://bit.ly/4g12pFc>

WHY CAN'T MY CHILD MAKE GOOD DECISIONS?

Understand how children learn to make decisions and how to support them when it goes wrong

THU 6 Mar 2025 7-8pm

<https://bit.ly/4g1WjUT>

IS IT POSSIBLE TO PRAISE MY CHILD TOO MUCH?

Using praise & criticism to encourage the behaviour you want to see.

MON 10 Mar 2025 1:30-2:30pm

<https://bit.ly/4hZAIUh>

HOW DO I TALK TO MY TEEN/PRETEEN ABOUT...?

Having difficult conversations with your son or daughter about sex, drugs & social media

THU 17 Mar 2025 7-8pm

<https://bit.ly/4hWM329>

WHY DON'T MY CHILDREN GET ON WITH EACH OTHER BETTER?

Sibling rivalry: understanding & improving communication between parents, children & siblings

THU 27 Mar 2025 10-11 am

<https://bit.ly/3ALtzB3>



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

Funded by Hertfordshire County Council for all parents & carers in Herts



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

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

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!



Like us on Facebook
[@JigsawStevenage](https://www.facebook.com/JigsawStevenage)



Follow us on Instagram
[@jigsaw_stevenage](https://www.instagram.com/jigsaw_stevenage)



Contact us via WhatsApp
01438 518336



EST. 1995

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