

Nobel News

14 February 2025
Edition 13.10



From the Headteacher

Dear parents and carers

Most of our young people never receive a behaviour point from one year to the next. Most of our parents have always been hugely supportive of the school during my tenure as headteacher. However, at the same time, there has been an increase in poor behaviour and unsupportive parents who would prefer to question the school's decisions rather than the behaviour of their sons and daughters. Furthermore, over the last few years, we have also seen an increase in aggression and rudeness to members of staff, I fear that this reflects changes in wider society but, surely, we can do better than that. Our fantastic receptionists get more than their fair share of this rudeness, usually about an issue that they have not been involved in. It is vitally important that relations between home and school remain cordial; we are on the same side, always working in the best interests of all Nobelians. Please be reassured that we are all doing our best but, like all organisations, we sometimes get things wrong, we are always happy to apologise when this happens.

On a more positive note, there has been so much going on outside the classroom this half-term, for example a couple of weeks ago sixth formers Austin Holland, Sam Huttleston and Teddy O'Brien took part in a World Cancer Day charity event organised by 'We Can Kick It.' WCKI provide opportunities for children to access specifically designed and completely free football coaching sessions.

You can read all about their London Football Stadiums walk in this edition. Huge thanks to Mr Moore for organising and participating in this fantastic event. If you wish to sponsor, please contact Mr Moore at school.

Another example was our first Masked Reader event, of which there is a full report elsewhere in this edition, where members of staff read extracts from their favourite books and younger students were asked to identify the reader – it was fantastic fun! Nobelians James Marston and Bradley Gutteridge from Year 12 recorded staff reading and then put the film together. Thank you to Amanda Hawke and Kate Di Gregorio for organising this first for Nobel.

Other activities over the last fortnight include; the art department taking KS4 and 5 students to the wonderful British Museum; thank you to Ms Sears and her awesome team. The geography department were out and about doing fieldwork in Stevenage, thank you to Mr Breese and his excellent team for their efforts, and the English department took years 12 and 13 to Paris to visit sights linked with the anthology they are studying, thank you to Ms Sinclair and her fabulous team.

Returning to my earlier points, we need to review some of our policies, a code of conduct or look again at the home school agreement. Our school community remains very strong, but it is built on good relationships, I would not like to see this deteriorate any further.

Have a great half-term and thank you as always for your support and co-operation.

Kind regards

Martyn Henson

London Football Stadium Walk in aid of We Can Kick It

On Tuesday 4 February, three Year 13 students, alongside Mr Moore, took part in the London Football Stadiums fundraising walk with the aim of raising £500 for the We Can Kick It charity.

We Can Kick It provide free footballing opportunities for children tackling cancer. Austin Holland, Samuel Huttleston and Teddy O'Brien had previously given up their time to coach at a We Can Kick It event last July. Inspired by what they had seen on the day, the Nobel team wanted to take part in the stadiums walk.

The main walk covered 40 miles starting from Crystal Palace Football Club and ending at the GTech Arena, the home of Brentford. The Nobel team joined the walk from the home of Arsenal FC then onto Chelsea FC and finally Fulham FC.

The route the team covered was approximately 20 miles and, at each stadium, access was given and photo opportunities were made available.

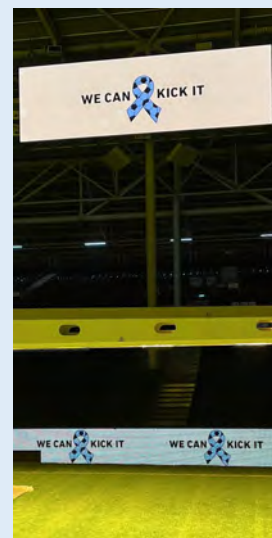
The highlight of the day was at Fulham FC, who greeted the walkers with hot food and drink and also the entire stadium was lit up in yellow and black, which are the colours of the charity.

The overall event raised over £17,000 pounds and the sixth form team had a great time seeing behind the scenes at the Premiership clubs.

We Can Kick It host their first ever UK football experience on 5 April at Stevenage Borough Football Club. For further details please do not hesitate to contact Mr Moore on richard.moore@nobel.herts.sch.uk

For more info please see <https://wecankickit.org.uk/news/f/steps-of-success-%E2%80%93-wcki%E2%80%99s-uk-fundraising-event-raises-over-%C2%A317k>

Mr Richard Moore
Teacher



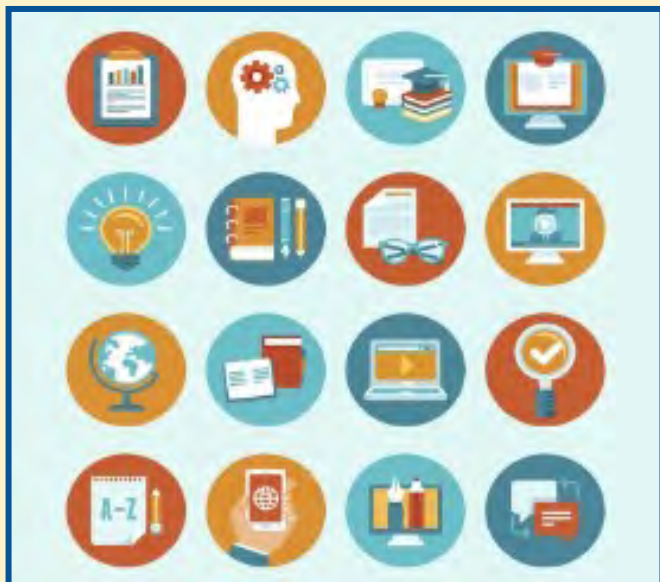
Current House ABC Points Totals

7 February	House	ABC Points
1st	Curie	24,576
2nd	Mandela	22,929
3rd	Teresa	22,753
4th	Eliot	20,482

Focus on Careers Education

NOBEL SCHOOL CAREERS FAIR

Monday 10 March 2025



Plan your future - students from Years 9 - 13 are invited to browse stalls and talk to exhibitors from a wide range of industries and education providers to learn more about potential careers and the opportunities that are available.

This year's careers fair promises to be bigger and better than ever!

With almost 40 exhibitors expected to attend, across a wide range of employment sectors, we are giving more students the opportunity to benefit from the opportunity of a face-to-face conversation with a specialist in their area of interest.

The event will run from 9:00 am until 1:20 pm and each year group (from 9 - 13) will be given a time slot to attend.

We would ask parents to support us in encouraging their son/daughter to make the most of this annual opportunity and to seek out the exhibitors that may be of interest to them. Exhibitors usually bring lots of literature with them, but students should not be afraid to ask questions and, if appropriate, to make notes.

For those students in Y10, who have not yet secured their work experience placement for the summer, this is the perfect place to look for inspiration as you may find something you had not thought of before.

Work Experience - While we are not yet out of winter, the work experience (Y10) and work shadowing (Y8), scheduled for the last week of the school year in July, must seem a very long way off. However, every placement requires a considerable amount of planning, preparation and checking, and at the time of writing, just under 10% of Y8 students and just under 15% of Y10 students have returned their forms.

Careers information packs were distributed immediately after the October half term holiday to give students (and their parents/carers) plenty of time to secure a meaningful placement, and students were asked to return their completed forms to their form tutor as soon as possible. The absolute deadline for return is the end of March, which is only a few weeks away.

If you need to download the information pack again or just find out more about careers-related learning, please visit the school website: <https://thenobelschool.org/careers/> where you will find a wealth of useful information. This is an integral part of the curriculum and most students enjoy the experience, which often helps shape their long-term careers aspirations.

Thank you for your support.

The Nobel Careers Team

Exploring Quantum Gravity at the University of Hertfordshire

On Wednesday 29 January, Ashley and Lily attended an Institute of Physics lecture about Quantum gravity at the University of Hertfordshire.

The need for a theory of Quantum Gravity is recognised as one of the big gaps in theoretical physics. What is a quantum theory of gravity and why don't we have one?

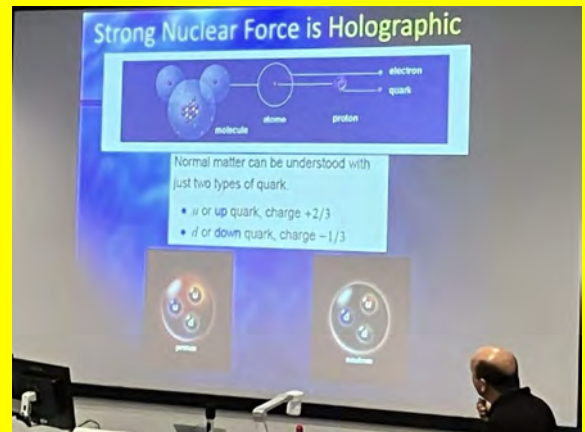
Professor Evans introduced the quantum theory of electric forces (Year 12 Physics) that works very well and shows how gravity is different, causing problems. A leading contender for a resolution is string theory but it predicts many strange new ideas such as extra dimensions and membrane like objects. More recently the idea that string theory is really a holographic projection of a lower dimensional theory has been shown. From A-level to Nobel-prize winning Physics, Professor Evans covered such a tangled topic making it accessible to a wide audience. The subject is not yet solved, so there are opportunities to contribute to its research for many years into the future.



The Student view from Ashley in Year 12

On 29 January, I went to a lecture on quantum gravity at the University of Hertfordshire. Whilst the content was advanced, and the teaching out of my usual learning style, I felt like it was a very useful experience to have. The lecture will help to prepare me for university life and, considering we're going to begin Quantum Mechanics in A-Level physics rather soon, this was a good preparation and puts me in a stronger position.

Nick Evans is a professor of theoretical physics and head of the theoretical physics group at Southampton University. He studies the strong interactions in the nuclei of atoms, at heart between quarks (Year 13 Physics). He has been exploring the links to string theory through a famed duality that provides a holographic projection of the theory into a theory of gravity. Recently he has been interested in whether the Higgs boson might be a bound state of some new particles; and whether there is a plasma of quarks at the centre of neutron stars.



All are welcome to attend future lectures. Date and topic for next lecture; Wednesday 26 February Quantum-enabled-network radar: fact or fiction? <https://www.iop.org/events/quantum-enabled-network-radar-fact-or-fiction>

Mr John Murphy
Head of Physics

The lecturer was very concise and the topic clear. I was incredibly surprised to be hit with the reality check of just how weak gravity is, the lecturer pointing out that, even the Earth, with all its incredible mass, the gravitational field can be surpassed with just tensing our muscles to jump off the ground. It was also a reality check to find how hard it is for people to measure gravity, especially on a small scale. There were also some more humorous aspects such as his approach to string theory and other abstract ideas. This was a very enjoyable experience if you are interested in STEM, and I would happily recommend this to other students in STEM subjects.

GCSE Art & Design Trip to the British Museum

On Tuesday 4 February, all Year 11 Art & Design students went to the British Museum to complete drawings from first hand observation. This work is evidence in support of their GCSE examination theme, which, for this year, is **'gathering'** and will prove invaluable in helping them develop ideas for their outcomes in their final exam in April.

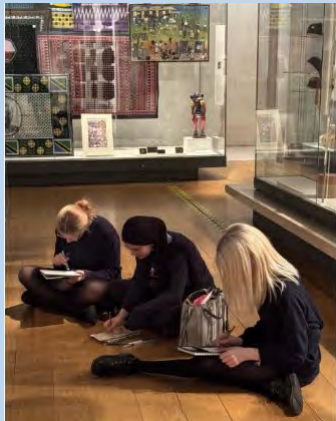
Students explored artefacts in a variety of galleries, showcasing Egyptian, African and North American cultures.

This work, and the rest of their coursework projects, will be on display in the annual Nobel GCSE summer exhibition.

Ms Sharon Sears
Head of Art

'I liked the architecture of the museum and the amount of art that was there. I enjoyed reading about the different items and what they were used for. The library was also beautiful and quite magical to look at.'

Lily-Rose - Y11 Textiles



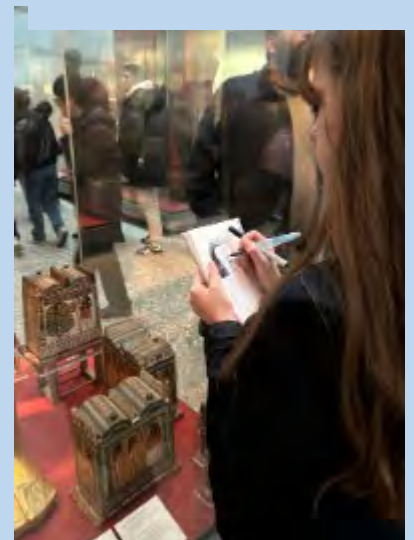
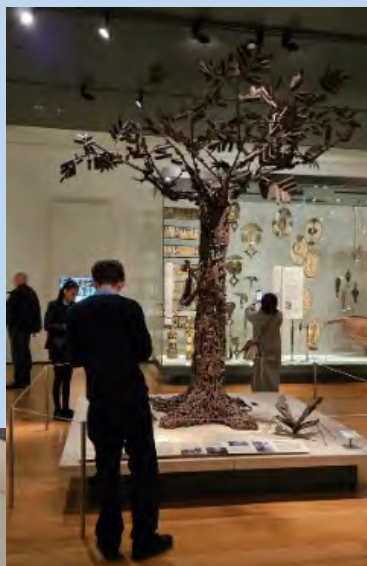
'I really enjoyed taking my art skills into a new setting'.

Phoebe - Y11 Art



'I enjoyed drawing the tombs of the ancient Egyptians and the taxidermy animals, as I want to explore the natural world in my own work'.

Kiera - Y11 Art



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 Monday 10 February. 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
Wednesday 29/01	Y7 Girls' Football	John Henry Newman	2-2 Draw	L Chumbley
Thursday 30/01	Y9 Basketball	Barnwell	30-36 WIN	C Frost
Monday 03/02	Y8 Boys' Football	Priory	2-2 Draw	C Readings
Tuesday 04/02	Y7 Basketball	Priory	26-23 WIN	I Owusu-Amankwaah
Thursday 06/02	Y10 Netball	John Henry Newman	13-19 Loss	L Peterson
Monday 10/02	Y7 Basketball	Barnwell	13-14 Loss	M J Turkon
Monday 10/02	Year 9 Basketball	Fearnhill	29-80 WIN	Z Byron-Hudson

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



District Swimming Gala 2025

The District Swimming Gala 2025 took place on Thursday 30 January at the Hitchin Swimming Pool. Twelve Nobelians represented the school within a range of age groups, races and disciplines.

The evening was a huge success with several students walking away with a medal. More especially, this is the first year in which we have had enough competitive swimmers to enter some of the team relay events. As always, the students conducted themselves extremely well and were a real credit to themselves and the school.

Congratulations to the following Nobelians:

- ◆ Sophie P and Chloe B second place in the Year 7 and 8 girls' backstroke race
- ◆ Lucy P first place in the Year 9 and 10 girls' backstroke inter race
- ◆ Year 7 and 8 girls' (Lilianna N, Daisy H, Rebecca J and Millie W) third place in the medley junior relay
- ◆ Year 7 and 8 girls' (Lilianna N, Daisy H, Rebecca J and Millie W) second place in the freestyle junior relay
- ◆ Lilianna N third place in the Year 7 and 8 girls' butterfly junior race
- ◆ Matthew J third place in the Year 9 and 10 boys' freestyle inter race



A special well done to the Year 7 and 8 girls who finished in second place overall, which is a wonderful achievement.

Well done to all our swimmers:

Y7: Daisy H, Rebecca J, Sophie P, Millie W, Edgar R

Y8: Chloe B, Lilianna N

Y9: Matthew J, Ruby W

Y10: Lucy P

Y11: John L, Aubrey M



Mr Regan Carolan
Teacher of PE



HSAA Cross Country Championships 2025

On Saturday 1 February, Mrs Saville gave up her weekend to attend the Hertfordshire Schools Athletics Association Cross Country Championships, alongside two Year 11 students, which took place at Westminster Lodge in St Albans.

Due to their triumphant performance in the District Cross Country, Bethany A (11T MGT) and Aubrey M (11M JRN) were selected to attend the next round of the competition. Both ran incredible races on a tough course, competing against the best athletes from across the county. They did Nobel proud.

A special mention to Aubrey who finished in the top ten and will now represent Hertfordshire in the next round of the competition.



Well done Bethany and Aubrey and thank you Mrs Saville.

Update on Y12 Sports Leadership Course - Spring 2025

As per previous newsletter editions, the PE Department have been delighted to offer students the opportunity to complete the Level 3 Sports Leadership Qualification through the Leadership Skills Foundation.

The Year 12 Sports Leaders have continued to make excellent progress on the course, working through the units. Most recently, students have been exploring the different types of sport and physical activity sessions. Students have been participating in a range of practical sessions, exploring sitting volleyball, blind football, sports day/mini-Olympics activities and a badminton skill development session.



The aim of this unit is to provide the students with a range of different session ideas which they will then use to plan three progressive sporting sessions. These will be delivered to Year 3 children from Lodge Farm and Year 7 students from Nobel after the February half term. During these sessions, the leaders will be assessed on different areas of their delivery including communication, adaptive teaching and motivational methods used. Further practical sessions will prepare the students for this.

Well done to the Year 12 Sports Leaders – excellent engagement within the practical sessions and work completed in the logbooks. The PE Department look forward to seeing the sporting sessions you are going to deliver.

Mr Regan Carolan

Teacher of PE

Year 9 Girls' County Cup Campaign - 2024/25 Season

The Year 9 girls' football team have enjoyed a wonderful campaign in the U14 Girls' County Cup. The team reached the quarter-final, narrowly missing out on a semi-final place with a defeat to Croxley Danes School in Rickmansworth.

To reach the quarter-final of this competition is a wonderful achievement and the team become the most successful Nobel team within the county cup for several years. The team have recorded several impressive results across the season, including:

7-0 win vs Birchwood High School

6-1 win vs Longdean School

I am proud of each and every player and their contribution to the team. We look forward to taking the team into the new academic year where they will then be the U15 girls' football team!

Well done to the following students:

Year 8: Elana D, Evie C

Year 9: Sophie D, Evie D, Emily G, Isabelle H, Lily J, Erin K, Emily K, Lucie P, Phoebe P, Sophie T, Lucy W, Ruby W

Mr Regan Carolan

Year 9 Girls Football Team Manager



Nobel Network

On Tuesday 28 January, Carol Littlewood, a farm conservation adviser and former Nobelian, talked to our year 8 students online from Scotland, where she work and lives.

Carol's role involves working with landowners; farmers, estate owners, councils and even private house owners, to advise on how they manage their land. Carol originally worked for a charity called FWAG (Farming and Wildlife Advisory Group), which was run by a committee of farmers interested in conservation. Carol explained that FWAG does still exist in various forms in England but the Scottish branch went into liquidation in 2009 due to a cut in funding from the Scottish Government, so she set up on her own doing the same job. Carol's work is very varied and includes:

1. Completing agri-environment scheme applications to help landowners carry out conservation work on their land
2. Surveying sections of river where the local council is to be carrying out any work, to make sure they don't damage important habitats or protected species
3. Producing biodiversity plans for farmers as part of their whole farm plans and also for quality assurance schemes such as LEAF Mark
4. Drawing up grazing and management plans for NatureScot on designated sites such as SSSIs (Sites of Special Scientific Interest)
5. Advising and surveying for protected species relating to planning applications such as barn conversions, and how to incorporate biodiversity into building works.
6. Carol is Chair of the Tayside Biodiversity Partnership (TBP) Farmland and Upland Working Group and is on the South Esk Catchment Partnership (both unpaid posts).

7. Carol also delivers species and habitat projects when she can get funding, which can be difficult as an individual rather than a charity or constituted group. Carol is currently delivering a tree sparrow project in Perthshire, providing advice and putting up nest boxes with householders and farmers in two small villages which are part of the TBP's "Biodiversity Villages Project". Over the years Carol has done lots of projects benefiting barn owls, tree sparrows, species-rich grasslands, hedges, treelines, etc

Carol has also had a contract to work part-time as the Project Co-ordinator for the education charity, RHET (Royal Highland Education Trust) in Angus and Dundee. This involves:

- ◆ Being the link between schools and the farmers who volunteer for the charity, organising visits to farms or farmers going into school to talk to classes about food and farming
- ◆ Organising their big events such as Food & Farming Days, Estate Days, Sustainability Days, each of which gets 180 pupils out for a day-long event in a rural setting
- ◆ Developing resources relating to food and farming, filming for events such as 'Talk to a Farmer' sessions
- ◆ Running projects such as our Angus Potato Project, which has 1,000 pupils a year growing potatoes in their schools.
- ◆ Carrying out the risk assessments for all the above

Nobel Network

Ex Nobelian, Elana Dance, came in to speak to our year 9 students about quantity surveying. The students really found Elana's presentation informative, as she explained how she progressed through her school career at Nobel, achieving her A 'Levels and then going onto study quantity surveying at university. Elana now works for Morgan Sindall.

Here are some quotes from students below:

"Seeing a Nobelian being successful, even with some difficulties whilst being at school, has shown it is possible to achieve your goals."

"I am now considering a career in construction/housing"

"Elana's talk was very interesting - some of the buildings and houses she has worked on were incredible!"



It was great to see how successful some of our former Nobelian students have been and I am sure Elana will come back into school to talk to more of our students soon.

Students posed some very interesting questions to Carol and Elana and I would like to thank them both for giving up their time and for providing such informative presentations in their respective area of expertise.

Mr Stephen Howells
Head of Enrichment

Friends of Nobel School (FONS) News

The Year 7 and 8 Disco, which took place on Friday 31 January, was a huge success and 190 students across both year groups attended. FONS were there selling drinks and snacks and raised over £900, which will be used to support projects in school to benefit all students.

If you would like to get involved, the next meeting is on Monday 24 February, 7pm, in the school library. We would love to see some new faces. Enquiries to kymarthur@btinternet.com



Dates for your Diary

Monday 17 - Friday 21 February: Half-term break

Wednesday 26 February: Year 7 Parents' Consultation Evening, 3:30 - 6pm

Wednesday 12 March: Year 12 Parents' Consultation Evening, 3:30 - 6pm



Library News

National Storytelling Week , 1 - 9 February 2025

“This fantastic annual event is a joyful celebration of the power of sharing stories. Stories teach us about the world; they allow us to step into someone else’s shoes and feel empathy; they help us to relax and escape and they can help develop essential literacy skills”

National Literacy Trust

To coincide with National Storytelling Week, we ran our very own ‘Masked Reader’ event in the library last week.

We were lucky enough to have two Year 12 Film and Media students, James and Bradley, filming members of staff reading a passage from their chosen book, wearing a mask. The short film was shown on the screen in the library over consecutive lunchtimes, with the unmasking results on Friday.

We then ran a competition whereby students were asked to guess the members of staff reading.

Congratulations to Bianca, Kimberly and Chania – our three winners whose names were drawn from the correct entries box.



Rainbow Reads



Books on this display include:

- ◆ Anne of Green Gables by L M Montgomery
- ◆ Yellow Rabbit by Teresa Flavin
- ◆ Scarlet Ibis by Gill Lewis
- ◆ Enola Holmes The Case of the Peculiar Pink Fan by Nancy Springer
- ◆ Blue Whales (Wildworld)

Mrs Amanda Hawke

Librarian

Each week we have a
Genre focus
This week is



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

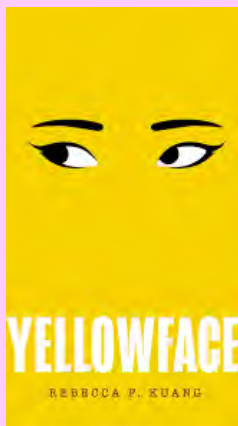


whenever you need them

NOBEL SCHOOL PARENTS, STAFF and COMMUNITY BOOK GROUP

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

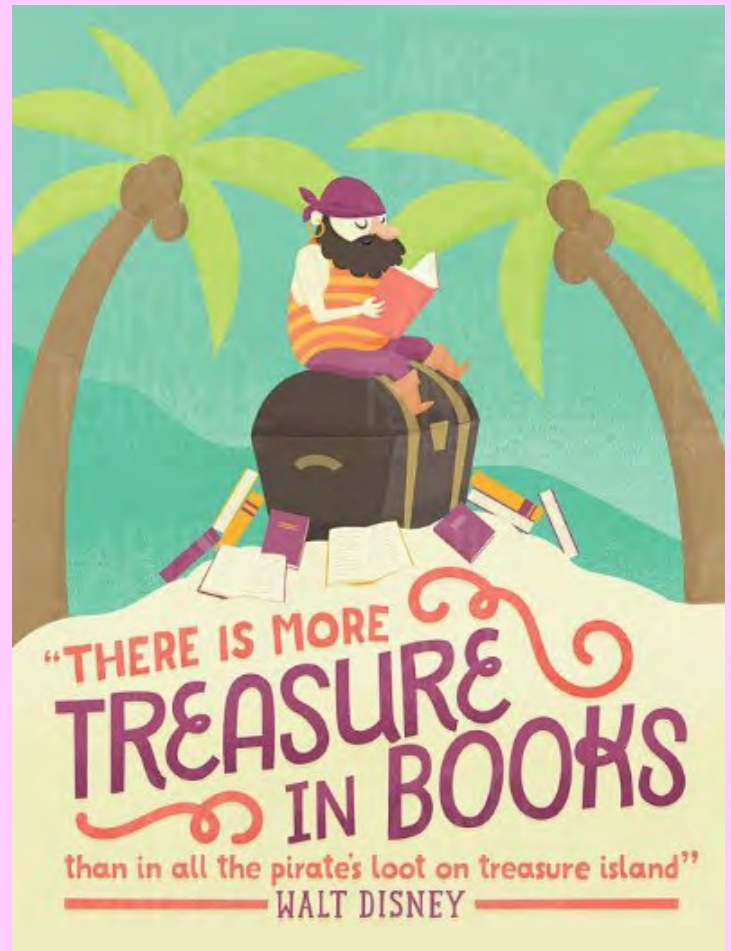
The book to read is:



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

Contact: Amanda Hawke:

01438 222600



Stevenage School Games - Y7 Sports Hall Athletics Competition

On Thursday 6 February, the Year 7 Sports Hall Athletics teams visited Barnwell School for the annual Sports Hall Athletics competition led by the Stevenage Sporting Futures Team. All of the secondary schools within Stevenage participated, with the aim of winning a medal.

The Sports Hall Athletics competition is led indoors and features a range of track events including: relay, 2-lap individual and 8-lap paarlauf, and field events including: triple jump, shot putt and speed bounce. Typically, students compete in 2 track events and 2 field events across the competition, requiring an incredible level of skill to be able to participate in a range of different events.

This year, all year 7 students took part in an indoor athletics lesson in PE, participating in a range of events. From this, all of their scores were reviewed and 34 students were invited to attend a lunchtime club. Finally, 15 students were then shortlisted to represent Nobel at the competition.

The teams worked incredibly hard, both individually and as a group, participating in a range of track and field events. They supported each other incredibly well.

The Year 7 boys finished in an impressive 3rd place with 148 points, taking home the bronze medals. The Year 7 girls finished in 2nd place, taking home the silver medals, accumulating 146 points. This means that every Nobel student who participated left with a medal.



There were several fantastic results across the competition and it would be impossible to list them all, but please see some spotlighted results below:

- ◆ Aidan's second place in the Standing Long Jump
- ◆ Year 7 Boys' (Nicholas, Aidan, Israel, Sonny) second place in the Obstacle Relay
- ◆ Year 7 Girls' (Lorraine, Mollie, Sophie, Layla) first place in the 4x2 Lap Relay
- ◆ Layla and Sophie's first place in the 8 Lap Paarlauf
- ◆ Nicholas' second place in the 6 Lap Individual race
- ◆ Noah's second place in the 4 Lap Individual race
- ◆ Year 7 Boys' (Semyon, Noah, Israel, Aidan) second place in the 4x2 Lap Relay
- ◆ Mollie and Lorraine's first place in the 2 Lap Individual race
- ◆ Noah's first place in the 2 Lap Individual race

Well done to all of the following students:

Year 7 Boys: Samuel B, Noah G, Nicholas S, Sonny L, Aidan C, Semyon O, Israel O-A

Year 7 Girls: Sophie P, Ella C, Layla C, Mollie M, Rosie T, Etta V, Lorraine C, Kaitlin H

The PE Department are incredibly proud of all of the team's achievements.

Mr Regan Carolan

Teacher of PE

Developing Character

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

The Character Conundrum for 24/02/25 - 07/03/25 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 11 – CONSCIENTIOUS

Tina must do a geography project in a group of four, with two of her friends and another student called Chloe. Chloe is the class brain and always scores top marks in the tests. They have to complete a 5000-word essay between them over the weekend, but Tina's two friends have said they are going to skip it and go to the cinema instead – they are sure Chloe will, no doubt, do it all for them. Tina wants to go to see the film too and spend time with her friends but is it fair to leave Chloe to do all the work? What should she do?

Support

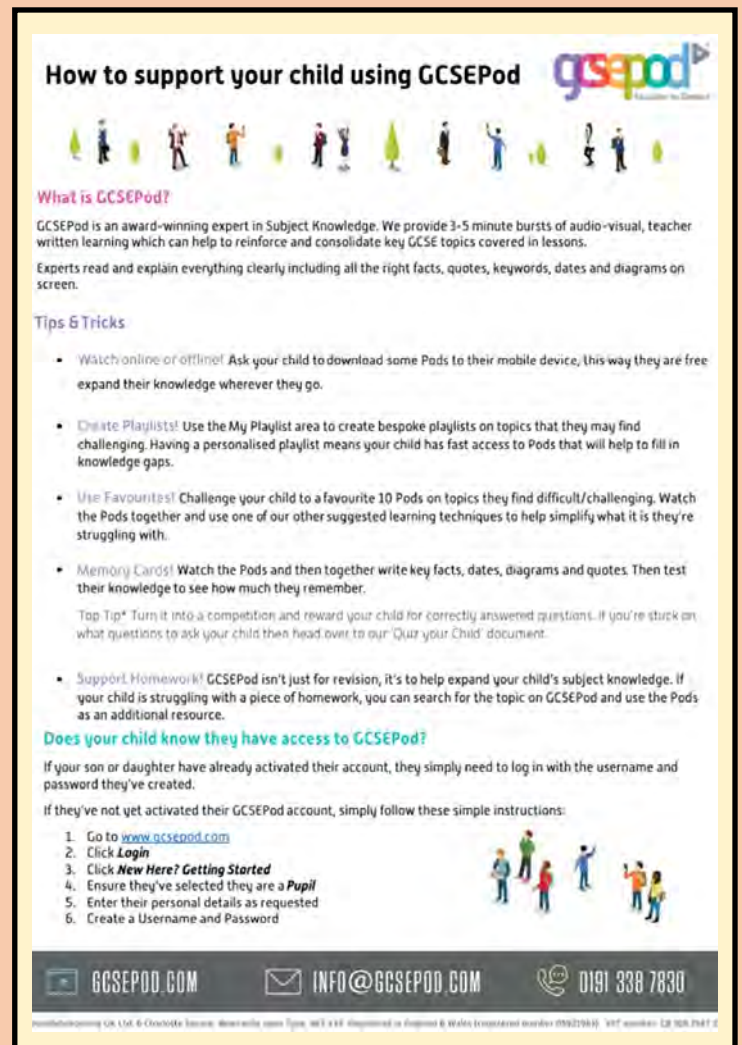
This conundrum has a lot to unpick; does it matter whether Chloe is bothered about doing all the work? What about if you know she wouldn't say anything? Students must consider what the proper thing to do is. It doesn't matter whether there would be any come back from this decision, allowing one person to do all the work while others take credit is morally wrong. Students need to consider how they would feel if roles were reversed, and the inevitable feeling of injustice that they would undoubtedly feel.


Questions

- ◆ Can you identify the moral dilemma in this situation?
- ◆ Hand on heart, would you help Chloe or go to the cinema?
- ◆ If you did go to the cinema and Chloe did all the work, would she be justified in telling the teacher what had happened?

- ◆ Have you ever allowed someone to do more than their fair share so that you can do less?
- ◆ Would it make a difference if you knew that Chloe wouldn't say anything to the teacher?
- ◆ If the two friends are happy to let Chloe do all the work, do you think they might do the same to Tina in the future?

Mr Nick Brown
Assistant Head



How to support your child using GCSEPod 


What is GCSEPod?
GCSEPod is an award-winning expert in Subject Knowledge. We provide 3-5 minute bursts of audio-visual, teacher written learning which can help to reinforce and consolidate key GCSE topics covered in lessons. Experts read and explain everything clearly including all the right facts, quotes, keywords, dates and diagrams on screen.

Tips & Tricks

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

Does your child know they have access to GCSEPod?
If your son or daughter have already activated their account, they simply need to log in with the username and password they've created.
If they've not yet activated their GCSEPod account, simply follow these simple instructions:

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



GCSEPOD.COM **INFO@GCSEPOD.COM** **0191 338 7830**

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Trauma-Informed Groups PARENTS GROUP



Whats on offer?

Butterflies Lived Experience Community, with support from the National Lottery offer a 6 session focused group programme for parents living in Hertfordshire whose children have experienced sexual violence/trauma with the option of joining a peer support group

Questions people often ask us

When and where?

Who can attend?

One of the child or young person's main carers

How do the groups run?

You have 2 options - online or in person for both the focused programme and the peer groups

Do I have to attend both?

Short answer: NO

Longer answer:

To access the peer support groups, you must have attended the focused programme, but you can only attend the focused programme if you choose to.

Do I have to attend every session?

We ask that you commit to attending the full 6 session programme.

Following the programme you will be invited to attend the peer support groups, there are 2 per month - 1 online and 1 in person. There is no obligation to attend the peer groups, you will be asked to confirm your attendance in advance for each session and warmly welcomed

What's included in the sessions?

See the programme plan on the next page

Online

Fridays 10am-11.30am

Dates

28th February 2025
7th March 2025
14th March 2025
21st March 2025
28th March 2025
4th April 2025

Next Steps



**CLICK HERE
TO BOOK YOUR
PLACE**

TRAUMA RECOVERY CIC

SEXUAL DOMESTIC & RELATIONAL TRAUMA

hello@trcic.co.uk

www.trcic.org

Supporting Links
Promoting Strong Family Relationships

TALKING TEENS



Wednesdays 7.45 - 9.15pm Online Course: ID 708
26th February - 2nd April 2025
6 weekly sessions
Delivered online using Zoom

**Due to popular demand
New course dates added**

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

- **The Teen Brain: Recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.**
- **The link between behaviour and difficult feelings.**
- **Maintaining your relationship with good communication.**
- **Understanding risk taking behaviour around drugs, alcohol and gang culture.**
- **How to negotiate during a conflict situation.**

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

"Our home is no longer a battlefield. I am less stressed and my teenager speaks to me more. Thank you!"

Booking essential
Please quote the course ID
To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

These courses are provided free to participants by Hertfordshire County Council's Targeted Parenting Fund



Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

New Equipment in Physics

Physics technician Chloe Birchenall and Head of Physics John Murphy with new power supply for A-Level studies, won in an online competition! More power to us!



PROGRAMME PLAN

WEEK 1



Beginnings

Introductions and getting to know each other and the facilitators - breaking down the barriers, taboos and setting the boundaries

WEEK 2



Understanding Trauma

How what happened to your child impacts their thoughts, feelings and behaviours

WEEK 3



Understanding Trauma

Supporting your child - sharing ideas, learning new ideas and understanding

WEEK 4



Understanding Trauma

The impact of what happened on you, siblings and family relationships

WEEK 5



Looking after yourself

Exploring your own support system and resources and discussion about why this is key

WEEK 6



Endings

Reflection on the programme, and thinking about next steps

NEXT STEPS



Peer Support

2 peer support groups per month:
2nd Wednesday of the month - in person (Welwyn)
4th Friday of the month - online



Parenting When Separated

A free 6 week group based course for parents who are preparing for, going through or have gone through a separation or divorce.

Topics include:

- Solving co-parenting problems in a positive way that focus on the needs of children.
- Coping with the emotional impact of separation and learn stress management techniques.
- Help your children cope with the impact of separation both emotionally and practically.
- Enhance communication with children and their other parent.

Who should attend:

- All parents and carers who are going through or have gone through a separation or divorce
- Both parents or carers do not have to attend but where they do they will attend separate courses.

Course details:

- Courses run once per week term time only, sessions are held on the same day and time for 6 weeks
- Each session last 2 and a half hours with a 15 minute break
- An individual introductory session will be scheduled before the course start date to set goals for the course
- Courses are run online and face to face, select your preference in the referral
- Course dates will be shared via text and email following a referral, you will then select the course date you want to attend.

How to register

You can be referred by a professional or you can self refer.
For more information or to make a referral scan the QR code, [click here](#) or visit www.hertfordshire.gov.uk/relationshipsupport



ParentsPlus
Empowering Professionals to Support Families



Powell Tae Kwon-Do

ADULTS & KIDS



Tigers:
(from 4 years old)
Tuesday: 6 - 6.50pm
Family class:
Tuesday: 7 - 8pm
Thursday: 7 - 8pm



Contact John Powell
5th Degree Black Belt in Tae Kwon-do
Tel 07976 795121
Email: john@jptkd.co.uk



Powell Tae Kwon-Do

At our club we teach outstanding self-defence and Tae Kwon-Do to the highest standard. You and your family will not only learn excellent techniques from the art but also at a pace that is suitable to your personal needs and ability. The result will not only help grow your confidence but challenge and reward your progression. Our training environment is both fun and positive so be prepared to be addicted from your very first class! 3 times winner for Southeast Tae Kwon-Do Championships!

Benefits of Martial Arts • Listening • Memory and Focus
• Hand-eye Coordination • Speed, Agility & Balance
• Socialization • Goal Setting



Tigers: (from 4 years old)
Tuesday: 6pm - 6.50pm
Family class:
Tuesday: 7pm - 8pm
Thursday: 7pm - 8pm

The Nobel School, Mobbsbury Way,
Stevenage, Hertfordshire, SG2 0HS



www.jptkd.co.uk



Contact John Powell
5th Degree Black Belt in Tae Kwon-do
Tel 07976 795121 Email: john@jptkd.co.uk

Free bitesize training for system partners

Session One Introduction to Homelessness

Two online webinar dates available:
Wed 05 Feb 25 14.00 - 16.00 [Book your place](#)
Tues 25 Feb 25 14.00 - 16.00 [Book your place](#)

As part of our learning around the **Making Every Adult Matter** programme in Hertfordshire we have been engaging with stakeholders to identify areas of work to support homeless individuals with multiple disadvantage. As part of this we are pleased to announce a series of bitesize training sessions available to all system partners working in Hertfordshire.

The first session will focus on homelessness and will provide an overview of legal duties around homelessness approaches and applications and how the sector supports individuals affected by this.

These sessions are particularly relevant for those working with people who are homeless with multiple disadvantages in Hertfordshire.

Making Every Adult Matter (MEAM) is a unique coalition focused on transforming services and systems for adults facing multiple disadvantage.

Contact strategic.partnership@hertfordshire.gov.uk



Parenting SEN children when separated online programme



A 6-session programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

Who should attend?

- Separated parents raising children with SEND.
- Parents seeking guidance, support, and strategies for co-parenting SEN children more consistently.
- Parents wanting to create a positive and supportive environment for their child's development.



These courses will be delivered by MS Teams over 6 sessions, on the following dates:

- Monday 24 February & 3, 10, 17, 24, 31 March 2025
Evening: 7.00pm - 9.00pm
- Tuesday 25 February & 4, 11, 18, 25 March & 1 April 2025
Daytime: 9.30am - 11.30am

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699

SCAN ME



We build better family lives together

www.familylives.org.uk



@FamilyLivesHertsandBeds



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.

<p>Please provide any other information about your reason for referral here:</p> <p>eg. What do you hope to gain or understand?</p> <p>What are you hoping to change?</p>	
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<p>Existing Support Please provide brief details of any support from these places that have been received in the past year.</p>	<input type="checkbox"/> Children's Services: Child Protection/Safeguarding	
	<input type="checkbox"/> Children's Services: Child in Need	
	<input type="checkbox"/> Early Help/Intensive Families/PIA	
	<input type="checkbox"/> School Family Support Worker	
	<input type="checkbox"/> Family Centre Outreach	
	<input type="checkbox"/> CAMHS/Step 1 (for mental health)	
	<input type="checkbox"/> CAMHS/Paediatrician (for ASD/PDDs)	
<input type="checkbox"/> Health Visitor or School Nurse		
<input type="checkbox"/> Other (please state):		

Please return your completed referral forms to: bookings@supportinglinks.co.uk

For Professional Referrals ONLY		
Your name:		Position:
Email:		Please confirm the date upon which you explained this to your client
Phone:		
<p>To refer a client to our parenting course, please first check the course you wish them to attend by looking on our website for our current course offers: http://www.supportinglinks.co.uk/parents.html</p>	I have been spoken to my client about this course and they are happy to attend	<input type="checkbox"/> Yes <input type="checkbox"/> No
	My client can attend all the sessions	<input type="checkbox"/> Yes <input type="checkbox"/> No
	If there is a history of drug/alcohol abuse, my client knows that they will not be allowed to attend the course if they arrive under the influence of any substance.	<input type="checkbox"/> Yes <input type="checkbox"/> N/A
	To help us be safe and appropriate please inform us if this family has a history of domestic abuse, drug and/or alcohol misuse or mental health issues.	

PLEASE SUBMIT SECURELY USING NETS EX (PREFERABLY) OR PASSWORD PROTECTED EMAIL

Whilst we are happy to take your referral, the booking will only be finalised once we have spoken to the client. We will attempt to contact your client three times after which we will revert to you and ask that your client contacts us should they wish to attend a course. We only confirm bookings with the client themselves. You may wish to print this form to pass to your client, so they have the relevant information to confirm the booking.

Phone	01442 300185	Email	bookings@supportinglinks.co.uk	Mobile	07512 709556
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Parent referred request?	<input type="checkbox"/> Yes	Teacher referred assessment?	<input type="checkbox"/> Yes
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6 Week Course	<input type="checkbox"/> Taking Additional Needs	<input type="checkbox"/> Taking Focus	<input type="checkbox"/> Taking Anxiety	Leave out
	<input type="checkbox"/> Taking Family	<input type="checkbox"/> Taking Date	<input type="checkbox"/> Taking Anger	

All personal information taken, for the purposes of making this booking, will be held securely in accordance with our GDPR Policy, a copy of which is available on request.

Parent/Carer Name				
Address				
Postcode				
Mobile Phone			Email	
White <input type="checkbox"/> White British <input type="checkbox"/> White Irish <input type="checkbox"/> Traveller of Irish heritage <input type="checkbox"/> Gypsy / Roma <input type="checkbox"/> Any other White background	Black <input type="checkbox"/> Caribbean / British Caribbean <input type="checkbox"/> African / British African <input type="checkbox"/> Any other Black background	Asian <input type="checkbox"/> Indian / British Indian <input type="checkbox"/> Pakistani / British Pakistani <input type="checkbox"/> Bangladeshi / British Bangladeshi <input type="checkbox"/> Any other Asian background	Mixed <input type="checkbox"/> White & Black Caribbean <input type="checkbox"/> White & Black African <input type="checkbox"/> White & Asian <input type="checkbox"/> Any other mixed background	Other <input type="checkbox"/> Chinese <input type="checkbox"/> Arab <input type="checkbox"/> Any other ethnic background <input type="checkbox"/> Not disclosed

Parent/Carer Needs Is there anything that we need to know about you that we help us to support you? Please provide details.	<input type="checkbox"/> Communication and learning e.g. language, writing or reading	
	<input type="checkbox"/> Mobility or physical issues e.g. vision/hearing equipment	
	<input type="checkbox"/> Emotional/Wellbeing e.g. anxiety or mental health	



	Age	SEN or Disability	Children's Needs: Please include physical, emotional, mental health or behavioural concerns.
1		<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> EHCP	
2		<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> EHCP	
3		<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> EHCP	
4		<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> EHCP	
5		<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> EHCP	
6		<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> EHCP	

Family Needs Is there anything that we need to know about you that we help us to support you? Please provide details. All information is treated with the strictest of confidence.	<input type="checkbox"/> Family Structure	
	<input type="checkbox"/> Aggressive behaviour	
	<input type="checkbox"/> Addiction	
	<input type="checkbox"/> School attendance	
	<input type="checkbox"/> Parental conflict	
	<input type="checkbox"/> Boundaries	
	<input type="checkbox"/> Child with complex needs	
<input type="checkbox"/> Abuse/neglect		

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