

Nobel News

4 April 2025
Edition 13.13



From the Headteacher

Dear Parents and Carers,

It has been quite a week for us at school. On Monday and Tuesday our governors, with the able assistance of Herts for Learning, were conducting interviews to find a new headteacher for this lovely school. I remember all too well coming for my interview almost exactly twelve years ago, it is an extremely exacting and thorough process, and I have every confidence that the governors have made an excellent appointment .

Here is a message from our Chair of Governors, Mr Matt Reah

*The Governors are delighted to announce the appointment of **Ravinder Phagura** as the new Headteacher of Nobel, effective from September.*

Rav was appointed following a rigorous recruitment process led by the Governors' recruitment panel, and supported by independent education and recruitment experts.

During the selection process which involved staff, pupils and Governors, Rav stood out as an exceptional candidate. She is currently Deputy Head at Robert Barclay Academy in Hoddesdon and brings with her a wealth of experience, and a deep commitment to fostering a highly ambitious and inclusive environment where both students and staff can thrive.

With Ms Phagura's appointment, we look forward to an exciting future built on the strong foundations laid by Mr Henson's dedicated leadership. His commitment and vision have shaped our school and we are immensely grateful for his contributions. Mr Henson and Ms Phagura will be in communication over the coming months to ensure a successful handover.

We are confident that Ms Phagura's leadership will build on the strengths of Nobel to take the school to the next level. I know that she is already looking forward to meeting with parents and students and sharing her vision for the future.

I'm sure you will join me in warmly welcoming Ms Phagura to our school community.

Yours sincerely,

Matt Reah
Chair of Governors

Kind Regards
Martyn Henson

Nobel musicians at The Royal Albert Hall

On 23 March, as part of the Herts Music Centre's Gala, three Nobel musicians: Sophie Davies (year 7), along with Skye Davis (year 8) and Tom Day (year 11) performed at the Royal Albert Hall in the afternoon & evening performance.

They all had an amazing time and were part of a fantastic steel pan orchestras performance. They received a rapturous applause and will have the memory of performing at such an amazing venue for life. We are so proud of your achievement and huge congratulations to you all!

**Mrs Shakespeare and Mr Hardy
Teachers of Music**



Current House ABC Points Totals

31 March 2025	House	ABC Points
1st	Curie	31428
2nd	Teresa	29569
3rd	Mandela	29367
4th	Eliot	26394

Student Spotlight

Congratulations to Emily (9T NFD) and her team Bengo Tigers who have won the Hertfordshire Under 15 County Cup on Sunday 23rd March, successfully beating a strong Borehamwood side 2-1 in the final at The County Ground in Letchworth. Emily was voted as player of the match for this game.

Even more impressively, this is the team's second success, having now completed the double as they also became champions of the first division league. Emily continues to impress both for the school football teams and outside of school.

Well done Emily!

Mr R Carolan
Teacher of PE



NOBEL PE AND DANCE



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

Lunch-time 1:30-2pm

Afterschool 3:05-4:05pm

EXTRA CURRICULAR CLUBS

MONDAY	Tennis (MUGA) - all years - ECP	Year 7 Boys Cricket (Field) - JFN
	Basketball (MUGA) - all years - SHS	Year 8 and 9 Boys Cricket (Field) - PWR/SHS
	Kwik Cricket (Field) - all years - PWR	KS3 and Year 10 Girls Rounders (Field) - ECP/CHL/RCN
	Tennis (MUGA) - all years - ECP	Year 7 and 8 Athletics (Field) - All PE Staff
	Basketball (MUGA) - all years - PWR/SHS	
Volleyball (Field) - all years - JFN		
TUESDAY	Kwik Cricket (Field) - all years - NCT	SUMMER TERM 2025
	Tennis (MUGA) - all years - CHL	
	Basketball (MUGA) - all years - PWR	
WEDNESDAY	GCSE Dance Rehearsal (Dance Studio) - <i>invite only</i> - RPD	
	Tennis (MUGA) - all years - NCT	
THURSDAY	Basketball (MUGA) - all years - JFN	Nobel Dance (Dance Studio) - all years - RPD
	Girls Cricket Club (Field) - RCN	
	Tennis (MUGA) - all years - JSE	
FRIDAY	Basketball (MUGA) - all years - JFN/NCT	
	Multi Sports (Gymnasium or Field) - all years (<i>invite only</i>) - CHL/RCN	
	Afrobeats Dance (Dance Studio) - all years - RPD	

Student Spotlight for Sporting Excellence

Zara Barringer – Year 11

Zara is one of our year 11 students and has been playing rugby since the age of 6. It was evident from very early on, when she joined us in year 7, that she had a natural talent for sport and we are delighted that her love for sport has continued throughout her journey with us, here at Nobel.

Zara has represented Nobel through playing in numerous sports teams; Rugby, Netball and Rounders to name a few. Zara also studies GCSE PE where she has been applying herself relentlessly across all theory lessons and is working hard to achieve (or even exceed) her target grade.

Outside of Nobel, Zara plays for Welwyn RFC where she has had another fantastic season, playing an instrumental role in their victory as League Champions for the 24/25 season. As well as this, Zara has been accepted into Loughborough College, Oaklands College (which has a strong partnership with Saracens Rugby Club through the academy) and Gloucester Hartpury Rugby Academy and College to study Sports and Exercise Science with the proviso of a position in the DISE (Diploma in Sporting Excellence.) The Hartpury Gloucester WRFC have won the premiership two years in a row and are currently going for a historic third trophy this season. All of these establishments provide an education pathway and a rugby development opportunity for students, and for Zara to have been accepted into all 3 colleges, it showcases her true dedication and talent for the game.

If this wasn't impressive enough, Zara has also been selected to trial for the Under 18's Players Development Group. Only players from this group are selected to play for the England U18's Women's Rugby team and the majority of players from the PDG go on to have professional playing careers within the PWR (Premiership Women's Rugby).

Just last week, Zara was also at further trials for the Saracens Academy at the StoneX Stadium as in her own words, she is "keeping her options open!"

Zara also qualified as a rugby referee in October 2024 and since qualifying, Zara has refereed a number of youth friendlies and tournaments and has refereed her first Hertfordshire league game for the Hertfordshire U13 league - Welwyn v Biggleswade.

Zara's commitment, perseverance and dedication to Rugby and improving her game is nothing short of phenomenal. She displays true Nobelian characteristics, and we are extremely proud to have Zara as part of our school community. Whilst we will be sad to see Zara leave Nobel and wish she could remain here with us, we are extremely excited for what lies ahead; whichever sporting college she may choose! We will also be keeping an eye out on the TV in years to come as we know Zara will achieve great things and get the recognition she truly deserves!

Good luck Zara, we are all behind you!



Miss N Chalkright
Teacher of PE

Spring Term Extra-Curricular within PE Overview 2025

The Physical Education Department have had another wonderful term filled with several extra-curricular sporting successes. Across the term, there have been 61 sporting extra-curricular events and fixtures.

Some of the notable successes include, but are not limited to:

- Year 7 Girls Sports Hall athletics team second in the district, with the boys third.
- Very successful swimming gala with wonderful individual and team successes from Nobel.
- Senior Boys Basketball team for finishing runner's up in the North Hertfordshire Basketball final.
- Year 9 Girls Football team finishing runner's up in the North Hertfordshire tournament.
- Year 9 Basketball team who finished first in their league and have been promoted to division two for the next academic year.
- Year 7 Basketball team who finished third in their league and have been promoted to division two for the next academic year.
- U14 Girls reaching the quarter-final of the county cup in Nobel's return to the county cup.
- U14 Girls Futsal team becoming District champions and finishing 5th in the county.

Well done to all of the students who have represented Nobel over the past term. 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.

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

Mr R Carolan
Teacher of PE



Senior Basketball
Team 24-25



U14 Girls Football Team 2024-25



U14 Girls Futsal Team (County) 2024-25



Year 7 Sports Hall
Athletics Team
2024-25



Year 9 Girls Football
Team at Marriotts
Tournament



Year 7 Basketball Team
2024-25

Yr 11 Science Intervention

We are really impressed with our Yr 11 science students in intervention. They are working really hard to make sure they do well in the summer for their GCSEs.

The year 12 science ambassadors are doing an excellent job helping these student's Thank you for their help.

Mrs A Pearson
Head of Science



Dates for your Diary

Friday 4 April - Early finish for all students—school closes at 12:20pm

Easter Break: 7 April - 21 April (inclusive)

Tuesday 22 April - Term begins for students at 8:30am

Wednesday 23 April - Yr 8 Consultation Evening



Duke Of Edinburgh Award News

What a month for DofE! As a school, our numbers on the Award keep growing which is fabulous news to receive. Within the last financial last year, we've hit records for our highest ever enrolment level and our joint highest ever completion rate (and that was before the influx of Year 9 students registering). What that means is that more students than ever signed up to begin their DofE Award at Nobel and more students than ever are completing their Award. This is only achievable because of the leadership of Mr Dutt, Mrs Wright and Mrs Kite at Bronze and Mrs Field at Silver and Gold levels. Thank you!



Year 9s have begun their DofE journey and we've had classrooms swelling with students every lunchtime as students personalise their Award to ensure they are setting goals and targets that reflect their own passions and interests. 108 Year 9 students have registered onto the Award within the last week, and many have already organised and started their physical, skill and volunteering sections - well done! They have also all signed up to the Award acknowledging that both expeditions are mobile phone free and a promise that not being attached to a device for two days is achievable for everyone!

Year 10s are in the final stages of completing their DofE Bronze journey as students have completed their physical, skill and volunteering sections and received the majority of their training for the upcoming expeditions. Recently, students have been trained in CPR, putting someone in the recovery position, applying bandages, how to respond in a first aid incident and how to identify and treat a whole host of other minor injuries. Although we hope none of these skills will be needed during the expedition, they are really important life skills to have.

Our Year 11s are at a similar stage to the Year 10 students but in achieving the more prestigious Silver Award. Again, they have finished their physical, skill and volunteering sections and have DofE 'paused' while they focus on their GCSEs before returning post exams to complete their Qualifying Expedition in the Peak District. Our fingers and toes are crossed for this year's expedition to be slightly less soggy than last year's Silver Qualifying Expedition.

Our Year 12s Gold students (who endured the wettest expedition I have ever run) are hoping for a warmer Gold Expedition this year. Gold is a real commitment for our students and with the additional Residential Section offers a whole new set of challenges to overcome for those who have progressed through their Bronze and Silver Awards.

Many of our Year 13 students and new Gold Award holders have either completed their Award and are attending a Garden Party at Buckingham Palace next month to celebrate their Gold success. We also have one of our Gold students completing the DofE Young Leaders Award; the Year 9 parents and students enjoyed hearing about her DofE journey last week as she had the opportunity to present to about 200 about the benefits of the Award .

Miss L Steele
DofE Lead

Yr 11 Revision Weekend

On Friday 29 March, 11 Yr 11 students went of to Bawdsey Manor PGL camp in Suffolk to embark upon a weekend of English and maths revision, and some team building exercises. Leaving just after lunch, they arrived in Suffolk in time for dinner and some games before an early night in preparation for a busy weekend ahead.

On Saturday and Sunday morning, the students were split into 2 groups and had focused sessions in English and maths with Mr Dutt and Mr Farey. The students were so focused and worked so hard to improve on their GCSE skills in readiness for their upcoming exams. They were absolutely amazing!

In the afternoons, they took part in some PGL activities such like archery, climbing and ziplining. They had a fantastic time and were really pushed out of their comfort zone but took everything in their stride and built some resilience and team work skills.

Well done, year 11!

**Mrs R Kazwini
Lead Practitioner**

*The trip was very fun and the people there was very nice and I faced my fears and I am very confident about passing maths and English -
Tyler Reade*

*The revision weekend was amazing! It was great for not only improving my English and Maths skills but also for developing my teamwork, resilience and for facing my fears. Mr Dutt and Mr Farey taught great lessons and were really supportive when doing the activities and games after. -
Amy Miller*

*It was very fun and the people were really kind. It helped me realise I am semi good at maths and has helped me a lot with my confidence—
Olivia Allen*



International Women's Day Talks and Workshop



Ningfeng Fiona Li



Annelise Soulier



Lisa Urquhart



Abigail Martin



Kathryn Simpson



A few weeks ago, to celebrate International Women's Day a select group of sixth form students attended an event at the Stevenage Bioscience Catalyst site.

Following a short introduction which included some statistics which showed the benefits of diversity within a company, we heard talks from four diverse women working in different roles within bioscience.

Dr Ningfeng Fiona Li is the CEO and founder of VasoDynamics which develops drugs that reduce the side effects of cancer treatments. She shared her philosophy for 'Always Learning' (her own words!) which is be smarter, agile and faster.

Dr Annelise Soulier spoke about balancing family with her career as the co-founder of Neobe Therapeutics, a synthetic biology startup. She also shared the story of her biology teacher introducing her to microscopy 'You are about to discover a new world!'

Lisa Urquhart reminded us that 'you can't be what you can't see' and how she has pivoted her career from careers advisor into freelance journalism on bioscience.

Dr Abigail Martin shared her story of going from an 'average grade' student who didn't like following the rules to co-founder of ImmuONE, a company which makes human lungs in the laboratory.

A common thread between these speakers was that for many, their career choices were triggered by a negative event to a family member. All of the speakers emphasised the importance of networking, which means building relationships with the people you work with. Following a short Q&A we had a workshop session from Kathryn Simpson on disrupting bias and being aware of privileges.

We were then treated to a delicious lunch and our students chatted to some of the speakers in the queue.

Ms A Redmond
Head of Chemistry

Nobel Network Guest Speaker - James Sawyer

Former Nobelian James Sawyer came into Nobel to talk to our year 11 students about his career since leaving school.

James started off in the working world as a trainee RAF pilot and became fully qualified. However his circumstances changed and he decided to undertake further study at University College London firstly with a Bsc in Geography and then later on a MSc in Emergency planning and Disaster Management.

Beginning with volunteering in Uganda and Kenya on conservation projects it has led to many years of conservation fieldwork in Africa, Asia and Latin America.

James' first senior role was as Executive Director of Operations at CCC Ltd, managing marine and terrestrial surveys and the implementation of protection areas. From there he moved to WSPA as Global Programme Director for Disaster Management working on the intersection of animal and human need in emergencies. After nine years he moved to become Director of Programmes at CDP, working on environmental disclosure and overseeing global programmes. James then moved on to become Executive Director of IFAW UK overseeing a significant income portfolio as well as leading the organisation's approach to new models of conservation financing.

He has over 25 years of experience in the non-profit sector focused in conservation, environment, animal welfare and emergencies. He has operated in more than 40 countries, delivering policy change at national and international levels as well as significant service delivery to beneficiaries and changes to protected area status

James has an MSc in Emergency Planning and Disaster Management and is the co-author of 'Animal Welfare and Management in Natural Disasters'. He is also an explorer, credited with first explorations in the Philippines and Madagascar, returning new species candidates and obtaining the first photos in the wild for several species. He is a fellow of the Royal Geographical Society and a Chartered Geographer and a trustee of BARTA. He continues to provide consultancy in the intersection of natural assets and financial services and within the animal sector. ,

His Current role is at Oxford HR, which is a global leadership consultancy, which he joined 2023 as principal consultant. In 2024 James led on searches for senior roles at Fauna and Flora, Durrell Wildlife Conservation Trust, The Elders, Global Canopy, Bonsucro, UN IFAD, Water Witness and We Forest.

At the end of James presentation, some excellent questions were asked and several students were interested in his first role as an RAF pilot. Here James emphasised that students need to show resilience and never accept that you cannot do something.

Thank you to James for coming into Nobel to give his time to talk to the students, his presentation was inspiring and it was interesting to meet a real life explorer! .

Mr S Howells
Head of Character and Enrichment



Hertfordshire High Sheriff Community Project Awards 2025

On Thursday 27th March Mr Moore was awarded the Hertfordshire High Sheriffs Community Project Award. The ceremony took place at the University of Hertfordshire and Mr Moore received the award due to the North Hertfordshire Schools Golf project which he assembled in 2023.

Students from across the district have been given the chance to play golf in Physical Education lessons and also at local golf clubs. Membership costs were cut for children that wanted to take part in group golf lessons.

Mr Moore was delighted to receive the award and is looking forward to the new golf season so that all can get out and enjoy the open space and sunshine!



Techognition 2025

#TECHOGNITION is a national celebration of technical support staff, recognising the importance of their essential roles in school and college education. Technicians are highly skilled, very experienced and essential members of school and college staff whose value is often not fully appreciated. Together we can raise the profile of this essential role.

We are so grateful to our Science technicians, Mrs Bennison, Miss Birchenall and Mr Fry, who support students' learning by preparing practical experiments and demonstrations.

Mr J Murphy
Head of Physics

Year 9 Mock Trials team compete at Highbury Corner Magistrates Court

On Saturday 22 March, the amazing year 9 Mock Trials team competed in the local heat.

For the last 15 years, this competition has taken place at Stevenage Magistrates Court, but due to a change in staffing at court, the competition this year was held in Highbury.

Students took on roles such as: Lawyers, witnesses, magistrates, a court usher and legal advisor, in order to prepare a case.

The case this year focused on *'being in possession of an offensive weapon in a public place without reasonable excuse'*; a topic that is widely discussed in the media and society, particularly over recent weeks with the popularity of the programme 'Adolescence'.

Students have worked relentlessly since October, giving up their lunchtimes and personal time to prepare for the competition.

They all gained a sound knowledge of how the British Justice system works and what goes on inside a court room.

The Nobel team were absolutely brilliant, winning both rounds of our competition; securing a 'guilty' verdict with our prosecution and a 'not guilty' verdict with our defence.

On the day, the winners were last years' National Winners, Enfield County School for Girls.

However, the Nobel team excelled in their roles and were heaped with praise from the competition judges, who were real Magistrates and Crown Court Judges.

I am incredibly proud of the team and commend them for their efforts. A huge congratulations to:

Oscar Wickham
Jacob Anifowoshe
Isla Barnes
Brianna Dwamena
Teni Ereola
Ianis Fraitor
Nancy Goodchild
Matthew Jackson
Charlie Jones
Leanne Lim Sam
Charlie Lizdek-Rember
Candalyn Onwuegbuzie
Ronnie Reed
Charlotte Spooner
Salman Urrehman
Edward Visinar



Miss L Gant
English Teacher

Partial solar eclipse visible in Stevenage



On Saturday morning 29 March, we were treated to a partial solar eclipse.

Using a piece of paper pierced with a pin, we were able to project an image of the sun on a second piece of paper. You can see the bright disc of the sun partially blocked by the Moon.

['Beautiful experience': Enthusiasts watch partial solar eclipse as Moon covers the Sun - BBC News](#)

Date for your diary! 1 June 2030 — Annular Solar Eclipse — Hertfordshire

[Annular Solar Eclipse on 1 June 2030](#)

Kind Regards

Mr J Murphy
Head of Physics

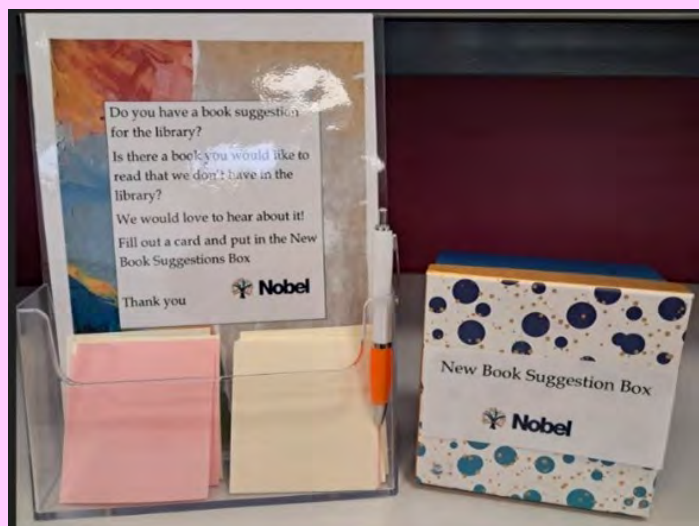


Phase	Time	Event	Direction	Altitude
	05:26:09	Partial eclipse begins	59°	4.3°
Sat, 1 Jun		The moment the edge of the Moon touches the edge of the Sun is called first contact. The Sun is close to the horizon, so make sure you have free sight to the ENE.		
	06:22:20	Maximum eclipse	69°	11.9°
Sat, 1 Jun		The deepest point of the eclipse, with the Sun at its most hidden.		
	07:22:37	Partial eclipse ends	80°	20.8°
Sat, 1 Jun		The edge of the Moon leaves the edge of the Sun.		

Library News

New Book Suggestion Box

If there is a book that you are looking for and we don't hold it in the library, please fill out a slip and leave in the Suggestion Box.



Alternatively, if there is a book that you have read and you would like to see it available in the library, simply complete the slip.

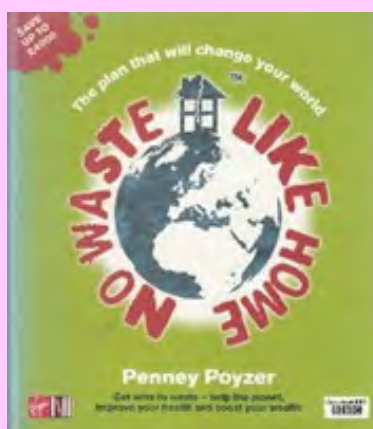
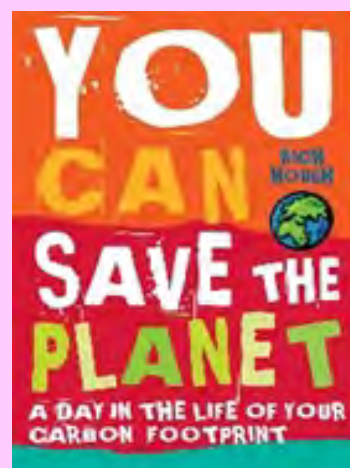
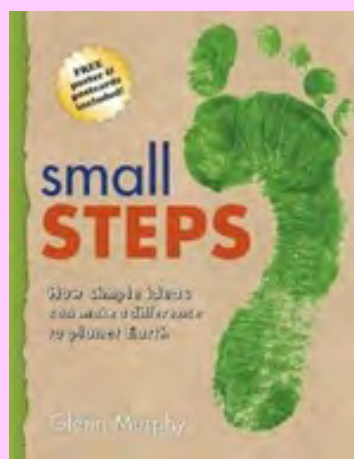
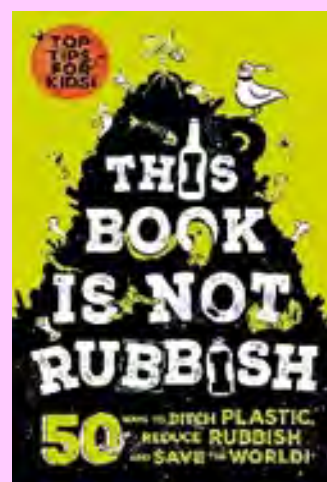
The following books have been requested by students and have now been added to our catalogue for you to borrow; -

- Keeper of the Lost Cities by Shannon Messenger
- The Lost Girl King by Catherine Doyle
- Letters from the Lighthouse by Emma Carroll
- Skrimshri by Nicola Davies
- Double Threat by Neill Cameron

Earth Day

We are highlighting Earth Day throughout April in the library, with a selection of books on display around this topic.

The range of books can educate us about this global issue and offer us some ideas and suggestions on things we can do to make a difference to our environment.



Please click on the link below to access a small selection of books we have available on this topic in our library

<https://uk.accessit.online/thn03/?servicId=ExternalEvent&rISn=69&rIKey=597689314>

Library News

Stress Awareness Month

Another important Awareness Month we are highlighting in the library in April is 'Stress Awareness Month'.

In addition to the range of books on display focusing on this issue, we also have information for you signposting our Student Support Team. Their flyer has lots of key information such as the role the team has in the school, key members of staff and more.



Stress and Coping Strategies for Young People

Everyone experiences stress at some point. This stress can be big or small. It can last for various amounts of time.

What are the things that make you worried or stressed?

1. Write your ideas on the helter-skelter on the next page. Look at the example shown to help you get started.

It can be easy to think about all the things that worry us or cause us stress but can you think of what makes you worry less and feel better?

2. On the next page, write on the helter-skelter what makes you feel less worried and more in control of your feelings. Use the example to help you.

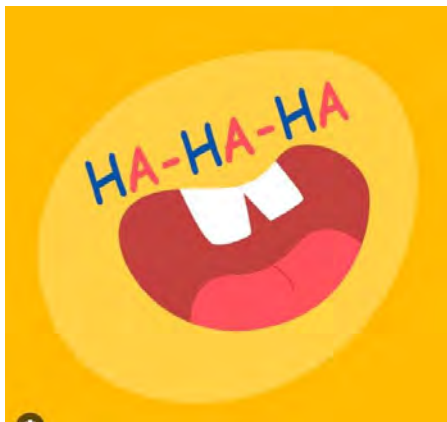
I get worried when I have to read in assembly.



As well as mindfulness colouring sheets which are available to do in the library or to take away, we also have an activity aimed at encouraging us to think about coping strategies we could use if we find ourselves in a stressful situation.

**Ms A Hawke
Librarian**

Each week we have a
Genre focus
This week is Humour



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

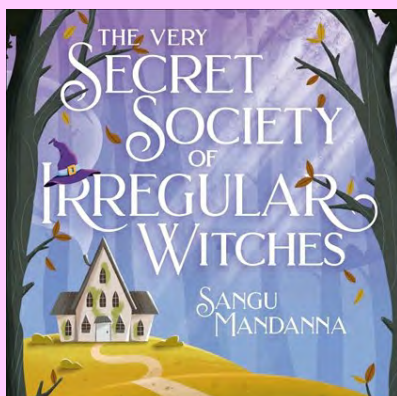
Sparx Reader

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 29th April 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



Developing Character

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

The Character Conundrum for 24/03/25 - 04/04/25 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 13 – RESILIENT

Ben has not been doing well in science. In fact, he has failed all his tests so far this year. If he is honest with himself, he hasn't exactly been busting a gut to work hard and revise but then he does find the subject difficult. His maths has always been excellent and during careers week he spots the perfect job for him – mechanical engineering. He knows that his maths grade is more than enough but to his horror, he realises that you need a grade 5 in science, and he is way off. What should he do?

Support

Ben has too real choices here; give up on the idea of being a mechanical engineer or push himself to raise his science grades. Obviously, the latter takes much more hard work and character but also resilience and perseverance. How hard are students prepared to strive for their goals, or do they just give up at the first hurdle. Ben obviously needs to be realistic but, if he is capable of a grade 5 he now needs to go out and get it; whether that be through extra revision sessions, spending more time on it at home or seeing whether someone could tutor him.


Questions

- Can you identify the moral dilemma in this situation?
- Have you ever had a goal that you thought might be unobtainable?
- Have you ever given up and taken the easy option if it looks like things are going to get hard?


- Should Ben consider whether he should take responsibility for the previous test results – did he work hard enough? Could he have done better?
- Have you ever failed at something but blamed someone else for the failure?

Warm regards

Mr N Brown
Assistant Headteacher



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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'Quizine'



Please come and join us in the school hall with your team of up to 6 players for a fantastic, fun evening of food and entertainment.

Quiz:

Our very own, 'Quizmaster Philcox'!

+

Italian:

'Chef Darren's' Italian themed menu

= **'Quizine'**

Friday 9th May

6.30 - 10.00 pm

Just
£12.50 per person!
(Bring own booze)

Please note.....

THIS EVENT WILL DIRECTLY SUPPORT FUNDS TOWARDS A NEW SCHOOL MINIBUS AND EXTRA EQUIPMENT FOR SUBJECTS.

Please see booking form attached or at the end of the newsletter.

BOOKING DEADLINE: Friday 2nd May





QUIZINE - BOOKING FORM

Friday 9th May 2025 @ The Nobel School (Hall)
(6:30pm for 6.45pm start Finish approx. 9:45pm)



THIS EVENT WILL DIRECTLY SUPPORT FONS PROVIDE THE DEPOSIT FOR A NEW SCHOOL WINIBUS.

Tables bookable via:

Email-Simply fill in the form below and return to trips@nobel.herts.sch.uk

then pay £12.50 per head on school gateway. Please use surname and team name as the reference. or

Email-Simply fill in the form below and return to: trips@nobel.herts.sch.uk

then hand an envelope with £12.50 per head cash in it to reception with your surname and team name on it

**** £12.50 per head in advance **** (Due to food preparation requirements, we cannot accept casual entry on the door on the night). There will be a raffle and a 'Heads and Tails' game (Please bring some charge/cash too)

Team: Name: _____ **No in Team (6 max):** _____

Main contact email / phone: _____

NB: Food will be prepared in advance to accommodate allergies that have been notified to us in advance, however the kitchen is not completely gluten/dairy free, for example.

I require (add up to 6)

Meat Ragu & Pappardelle	Mushroom & Sage Risotto

(all served with assorted crostini & Insalata)

Team Leader must sign to take responsibility for allergy notification.	Sign below
My team has no known food allergies.	
OR My team has the following known food allergies.	

Tick one:

- I have paid via School Gateway using the Surname/Team name.....
- Or I have given cash in an envelope to reception labelled with the Team Name



BOOKING DEADLINE: 2-5-25 (Bring your own booze!)

PLACES WHERE KIDS EAT FREE (OR FOR £1) EASTER HOLIDAYS 2025

moneysavingcentral.co.uk/kids-eat-free



BURGER KING

From Monday 7th - Sunday 20th April 2025, Kids Eat Free with every adult meal, via the app.

BILLS

Kids eat free Mondays - Fridays, from Monday 7th - Friday 25th April 2025.

FARMHOUSE INNS

2 kids eat FREE with one paying adult, Monday 7th - Friday 25th of April. Sign Up Required

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

ZIZZI

Sunday 6th - Sunday 27th April 2025 kids eat free with every adult main. (excludes Saturdays)

YOI SUSHI

Kids eat free all day (monday - friday) during all school holidays, when dining with an adult

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids eat for £1 with every adult meal.

ASDA

Kids eat for £1 every, with no adult spend.

TRAVELODGE & PREMIER INN

2 kids eat for FREE with 1 adult breakfast

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

BEEFEATER & BREWERS FAYRE

2 kids eat for FREE with 1 adult breakfast

IKEA

Kids get a meal from 95p daily from 11am

PREZZO

Kids receive a free, 3 course kids meal, everyday at Prezzo between 31st March - 27th April 2025

COCONUT TREE

One child (under 10) eats free every day, 12pm - 6pm from Monday 7th - Sunday 27th April 2025

PIZZA HUT

Kids eat free buffet from Monday 7th - Sunday 27th April, after 3pm daily with a £10 spend

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult!

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

HUNGRY HORSE

Kids eat for £1 on Mondays

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

FUTURE INNS

Under 5s eat for free with any adult meal.

Copyright of MONEY SAVING CENTRAL

Parents and Carers talk about self-harm and recovery

Please join us at an information session to learn more about self-harm and get practical ideas and strategies to help your child towards recovery

Our guest speaker will be a clinician who works at *HPFT CAMHS

Where: Online over Zoom.

When: Tuesday 6th May, 7pm to 9pm

* Hertfordshire Partnership University NHS Foundation Trust
Child and Adolescent Mental Health Services

For more information or to book your place:

Call: 01992 58 69 69

Email: contact@carersinherts.org.uk

Go online: www.carersinherts.org.uk/events



About Carers in Hertfordshire

We are a charity that provides information, advice and support to unpaid carers - people looking after a partner, relative or friend, who is ill, elderly, has a physical or learning disability, or misuses substances.

We support carers of all ages - young people and adults - living, working or caring in Hertfordshire. Our services are free to carers and bereaved carers, who can access support for three years after the death of the person they looked after.

We provide services to carers to help them with their caring role or have a break from caring, to improve their health and wellbeing, and to have a voice in shaping health and community services.

We are partly funded by Hertfordshire County Council and the NHS in Hertfordshire. In partnership with them and other local organisations we work to ensure unpaid carers are identified, informed, supported and heard.

Carers in Hertfordshire

The Red House, 119 Fore Street, Hertford, Herts, SG14 1AX.

**Tel: 01992 58 69 69 Email: contact@carersinherts.org.uk
www.carersinherts.org.uk**

Our support for parents and carers.

We have a team of Carer Engagement Workers who can provide advice and information and also support you to speak up.

We also:

- Give you a chance to meet and talk to other parents, carers and staff who understand;
- Give you the opportunity to represent your views to the authorities that commission and manage Children and Young People's Mental Health Services (CYPMHS) in Hertfordshire;
- Provide free training and learning opportunities; and
- Offer a Carers' Passport Discount Card that gives savings in shops, restaurants and other venues (contact us to apply for one today!)



Parent & Carer Support TALKING ASD & ADHD Workshops Summer 2025



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

ANXIETY & STRESS



- The difference between stress and anxiety.
- Understanding anxiety conditions in ASD/ADHD.
- Spot the signs of stress.
- Triggers amongst neurodivergent children.
- Help your anxious child feel safe.
- Early warning signs of mental health problems.

Wednesday 14th May, 9.30-11.15am

Workshop SL762 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-stress-anxiety-762-for-parentscarers-in-herts-registration-1307006775449>

COPING with CHANGE



- How children feel about and react to change.
- Prepare children for big changes such as starting a new school.
- Coping with small day to day changes.
- Responding to children when they are struggling.
- Learn from new experiences.

Wednesday 21st May, 7.30-9.15pm

Workshop SL763 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-coping-with-change-763-for-parentscarers-in-herts-registration-1308622327609?aff=oddtcreator>

RESPONDING to ANGER



- Healthy & unhealthy anger.
- How to spot the 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 9th June, 7.30-9.15pm

Workshop SL764 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-764-for-parentscarers-in-herts-registration-1301137008819>

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.
- How to agree appropriate boundaries and teach risk assessment.
- Help teens develop independence skills.

Wednesday 25th June, 7.30-9.15pm

Workshop SL765 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-765-for-parentscarers-in-herts-registration-1307948441999>

TECH USE

Wednesday 2nd July, 9.30-11.15am

Workshop SL766 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-766-for-parentscarers-in-herts-registration-1307911732199?aff=oddtcreator>



- Keep your child safe online.
- Help your child to switch their device off.
- Support behaviour difficulties when playing.
- Using devices as a reward or consequence.
- Teach children self-regulation

Follow us on:



Contact via:

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

Funded by Hertfordshire County Council's Targeted Parenting Fund



'Deliver You' is a national campaign across England, seeking views directly from young people to inform the National Youth Strategy.

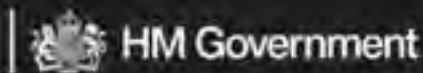
NATIONAL * YOUTH * STRATEGY

**Deliver
You**



What's YOUR ORDER?

POWERED BY



#iwill
movement

MY LIFE
MY SAY

Savanta:



Place your Order by clicking the QR code and completing the online survey, open until **16th April 2025**

Services for
Young People



**RENEGADE
COMBAT ACADEMY**

Kids
**HALF-TERM
BOOTCAMP**

**MONDAY - FRIDAY
14-18 APRIL**

**£25 PER DAY, £100 FOR 5 DAYS
CASH ONLY**

**STARTS AT 10:30AM
FINISHES AT 01:30PM
AGE 5-14**

**TO REGISTER CONTACT 01438 727833
ADMIN@RENEGADEFITNESSACADEMY.CO.UK**

OR VIA RECEPTION @

**RENEGADE FITNESS ACADEMY, UNIT 6
SENATE PL, WHITWORTH RD, PIN GREEN,
STEVENAGE SG1 4QS**

GIVE YOUR CHILD AN EXCITING AND ACTIVE HALF-TERM WITH OUR KIDS BOOTCAMP! THIS FUN AND STRUCTURED PROGRAM INTRODUCES THE FUNDAMENTALS OF MARTIAL ARTS THROUGH ENGAGING DRILLS, GAMES, AND INTERACTIVE ACTIVITIES, HELPING KIDS DEVELOP DISCIPLINE, CONFIDENCE, AND FITNESS IN A SAFE AND SUPPORTIVE ENVIRONMENT.

✓ 1-DAY PASS: £25

✓ 5-DAY PASS: £100

◆ **WHAT'S INCLUDED?**

🔴 **FUNDAMENTAL TECHNIQUES (STANCE, DEFENSE, OFFENSE)**

🎯 **FUN GAMES & INTERACTIVE CHALLENGES**

💪 **FITNESS & CONDITIONING DRILLS**

🌟 **WHAT TO BRING?**

💧 **BOTTLE OF WATER - STAYING HYDRATED IS KEY!**

🍱 **PACKED LUNCH - ENERGY FOR THE DAY'S ACTIVITIES**

🥊 **GLOVES & SHIN GUARDS (PROVIDED BY US IF NECESSARY)**

EACH SESSION IS DESIGNED TO BE FUN, ENGAGING, AND EDUCATIONAL, ENSURING YOUR CHILD STAYS ACTIVE WHILE LEARNING VALUABLE SKILLS! 🌟🔥

**EVERYONE
CAN PLAY**

JUNIOR BASKETBALL

NEW Junior Basketball Sessions!

A turn up and play basketball session in a safe, fun environment organised by a qualified Coach for ages 11-15 years!

Every Friday, 4:30-5:40pm!

Only £2 per session!

For ages 11-15 Years!

Stevenage Arts and Leisure Centre

Starts Friday 2nd May

You can book online or download the Everyone Active app or ask a member of staff at reception to help with booking you on!

For more info please contact:

stevenageactivecommunities@everyoneactive.com

Stevenage Arts and Leisure Centre
Lytton Way, Stevenage, Sg1 1LZ
Tel: 01438 576658

everyone ACTIVE STEVENAGE Stevenage Borough Council
Working together to be the best and brightest of Stevenage

STEVENAGE TOWN RUGBY FOOTBALL CLUB



U14'S
(YEAR 9 2023/24)

PLAYERS WANTED

TRIAL FOR FREE

ALL ABILITIES & EXPERIENCE WELCOME

TRAINING IS HELD ON WEDNESDAY EVENINGS 6.30-8PM . MATCHES ARE HELD ON SUNDAYS. ALL COACHES ARE DBS CHECKED.

IF YOU WOULD LIKE TO ATTEND A FREE TRIAL, PLEASE ASK A PARENT/GUARDIAN TO CONTACT THE U14'S MANAGER, JOEL MORRIS AT JTMORRIS1988@GMAIL.COM

STEVENAGE RUGBY FOOTBALL CLUB, 22 NORTH ROAD, STEVENAGE, SG1 4BB



Hertfordshire County Council Services for Young People

HOLIDAY ACTIVITY PROGRAMME

at Bowes Lyon Young People's Centre
St George's Way
Stevenage

Join us this Easter
Monday 7th April to
Thursday 10th April 2025
2pm-6pm each day

For young people aged 12-16

Priority booking for those eligible for
benefits-related free school meals

- Fun physical activities such as sports, dance and team games
- Creative activities such as music production, cooking, arts and crafts.
- Informal healthy lifestyles workshops
- Meet and socialise with other young people
- Free healthy food every day

Contact SfYP Stevenage Team to sign up.

Area Service Manager: Lucy Davis

Youth Work Practice Manager: Laura Butcher

DSPL2 and SPACE Hertfordshire invite you to learn about LENDING SPACE



Attention parent/carers and professionals! Come and discover more about Lending SPACE, Hertfordshire's community hub (based in Stanstead Abbots) for sensory, educational, and practical equipment available to borrow. Meet our knowledgeable team, explore our wide range of resources and learn more about the work we do. SPACE Hertfordshire proudly supports over 10,000 families of neurodivergent children and young people.

Join us to see how we can support you

Date: Monday, 19th May 2025

Time: 9.30am - 1pm

Location: Oak Suite, Peartree Spring Primary School, Stevenage, SG2 9GG



New shuttle service

You can also find out more about our new minibus shuttle service to make Lending SPACE even more accessible! Hop on in Stevenage, enjoy an hour exploring Lending SPACE, and get a convenient ride back. Perfect for parent/carers or families looking for an easier way to visit. This service is due to launch in April/May.



Delivering Special Provision Locally



Autism | ADHD
Neurodiverse Conditions

Hertfordshire's Children and Young People's Mental Health Conference

Dear Parents & Carers ,

On **Wednesday 23rd April 2025**, from **9am to 1pm** Hertfordshire's Children and Young People's Mental Health Services system are hosting a **free**, morning conference and invite mental health, social care, health and education professionals to explore themes and topics which support 'curating resilience' This event is being held at the **Weston Auditorium, University of Hertfordshire**.

Resilience and the ability to adapt to change both daily, and over time affects everyone; our children, families, the workforce and our mental health system as a whole. Throughout the morning, hear from a range of experienced speakers on their approaches to teaching, supporting and learning from others, while acknowledging that we are already, highly resilient – we just don't always realise.

At the interval, enjoy refreshments while networking and sharing with other system professionals in the foyer, before returning to your seat for part two!

You can book your seat by clicking on the image, or using the link below. **Please limit your bookings to two per service.**

Book my seat

In the days after the opening event, a range of virtual sessions will be available for professionals to dial into, and take a more in depth look at some of the most prominent issues. These bitesize webinars will showcase case studies, good practice and practical application of services and approaches that support children's mental health.

*The conference is free to attend however parking is chargeable at £2 per person. Further information will be shared in the joining instructions.

Please direct all queries to schoolsmh@hertfordshire.gov.uk.

Hertfordshire's System Wide Conference

Children and Young People's MENTAL HEALTH 2025

Hertfordshire's Children and Young People's Mental Health Services system invites mental health, social care, health and education professionals to explore themes and topics which support 'curating resilience'.

Commencing with an opening agenda of speakers from across the county, join us in person at the **University of Hertfordshire** on **Wednesday 23 April**. The conference continues virtually with a series of webinar sessions in the days after.

We look forward to welcoming you!

Wednesday 23 April, 9am to 1pm
Weston Auditorium | University of Hertfordshire

Questions?
E: schoolsmh@hertfordshire.gov.uk

BOOK YOUR SEAT HERE

MIND
Hertfordshire

GCSE MATHS

EASTER: FINAL PHASE EXAM PREP



JOIN US!

TUESDAY 8TH APRIL
(PAPER 1/NON-CALC)

THURSDAY 10TH APRIL
(PAPER 2/ CALCULATOR)

TUESDAY 15TH APRIL
(PAPER 3/ CALCULATOR)

FOUNDATION SESSIONS:

11am-12:15pm

HIGHER SESSIONS:

1pm-2:15pm

- FOCUSING ON:**
- ✓ MULTI-MARK QUESTIONS
 - ✓ MODEL ANSWERS
 - ✓ EXAM QUESTIONS STRATEGIES



£22.50 PER SESSION

WWW.ACETUITION.ONLINE



WWW.ACETUITION.ONLINE

GCSE ENGLISH LITERATURE 'GRADE BOOSTER' EASTER CRASH COURSES

Mon 7th April |
10am-1pm

**GCSE SHAKESPEARE
'MACBETH'**

Mon 7th April |
1pm-3pm

**GCSE 'ROMEO
& JULIET'**

Tue 8th April |
6pm-9pm

**GCSE 'POWER &
CONFLICT POETRY'**

Wed 9th April |
10am-1pm

**GCSE 'CHRISTMAS
CAROL'**

Wed 9th April |
1pm - 3pm

**GCSE 'DR JEKYLL &
HYDE'**

Tues 15th April |
6pm-9pm

**GCSE 'INSPECTOR
CALLS'**

Sat 19th April |
6pm-9pm

**Edexcel
'CONFLICT
POETRY'**

Masterclass includes:

- GRADE 9 key themes and character analysis
- GRADE 9 language structure quotation analysis
- Top strategically selected whole-text quotations
- Question by question success criteria
- Structure for each response
- GRADE 9 model answers
- GRADE 9 psychoanalysis & critical theories
- Exam practise and live marking
- Successful analytical and essay structure
- SENIOR EXAMINER STRATEGY TIPS!



£50 PER SESSION

GCSE ENGLISH LANGUAGE 'GRADE BOOSTER' EASTER CRASH COURSES

SESSIONS TAUGHT BY:



- HIGHLY EXPERIENCED AND SUCCESSFUL
'HEAD OF ENGLISH'
- SENIOR 'DIRECTOR OF LEARNING'
- GCSE EXAMINER!

REGISTER NOW!



✓ AQA LANGUAGE PAPER 1
MON 14th April | 10AM-1PM

✓ AQA LANGUAGE PAPER 2
WED 16th April | 10AM-1PM

✓ EDEXCEL PAPER 1
MON 14th April | 1PM-3pm

Masterclass includes:

- GRADE 9 key themes and character analysis
- GRADE 9 language and structure quotation analysis
- Top strategically selected whole-text quotations
- Question by question success criteria
- Structure for each response
- GRADE 9 model answers
- GRADE 9 psychoanalysis and critical theories
- Exam practise and live marking
- Successful analytical and essay structure
- SENIOR EXAMINER STRATEGY TIPS!

£50 PER SESSION

JOIN US NOW

WWW.ACETUITION.ONLINE



TALKING ADDITIONAL NEEDS



Tuesdays 9.30 - 11.30am Face to Face Course: ID 755
3rd, 10th, 17th, 24th June, 1st & 8th July 2025
Gade Community Room, Oakleaf Primary School,
Hemel Hempstead, HP1 2JU

Tuesdays 8.00 - 9.30pm Online Course: ID 756
6th, 13th, 20th May, 3rd, 10th & 17th June 2025
Delivered online using Zoom

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

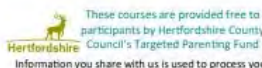
- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict and increase co-operation
- Improve emotional regulation
- Explore sensory needs.
- Increase your child's resilience.
- Manage the different needs within your family.

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

'I have been on a few courses to help me with my child but this was by far the most helpful'

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



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.

TALKING DADS



Wednesdays 7.45 - 9.15pm Online Course: ID 761
4th, 11th, 18th, 25th June, 2nd & 9th July 2025

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

- Increasing confidence in your parenting.
- Developing a healthy dad/child relationship now and for the future.
- Improved listening and communication skills.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.
- Being the dad you want to be.

Our online support sessions are delivered weekly via Zoom. Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

"The course has given me the confidence to know that I can break out of the cycle and make things different for my child."

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



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.

TALKING FAMILIES



Thursdays 9.45 - 11.15am Online Course: ID 757
8th, 15th, 22nd May, 5th, 12th & 19th June 2025

Tuesdays 8.00 - 9.30pm Online Course: ID 758
6th, 13th, 20th May, 3rd, 10th & 17th June 2025

6, weekly sessions for parents and carers of children under 12, sharing tips on how to:

- Manage challenging behaviour with consistency
- Encourage positive behaviour
- Build your child's self esteem
- Set and maintain boundaries
- Respond to tantrums and difficult feelings in children
- Develop a strong parent/child relationship now and for the future

Our online support sessions are delivered weekly via Zoom.

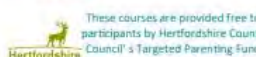
Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

'Every parent should do this course! It has taught me so much about how to deal with family life.'

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



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.

TALKING TEENS



Wednesdays 7.45 - 9.15pm Online Course ID 759
7th, 14th, 21st May, 4th, 11th & 18th June 2025

Tuesdays 7.45 - 9.15pm Online Course: ID 760
3rd, 10th, 17th, 24th June, 1st & 8th July 2025

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.

Our online support sessions are delivered weekly via Zoom.

Groups are open to parents, carers, grandparents and guardians living, or with a child

"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



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.