

From the Headteacher

Dear Parents and Carers,

It is always a hectic time of year as we prepare Nobelians for public examinations and work to make sure that we are fully staffed from September. Yesterday, we appointed a design and technology teacher and a computer science teacher, with the resignation date for teachers fast approaching I can tell you that we are again fully staffed for September, crucially with graduate teachers in the subjects they are teaching. This is not the case in a lot of schools across the country, we are lucky that colleagues want to join us. Highly qualified teachers, excellent work on teaching and learning and reducing the number of GCSEs have been the major reasons for our fantastic examination results at GCSE.

We also must constantly work at managing the behaviour of a very small minority of students. This is incredibly time consuming and makes my colleagues work tricky. Our teachers are highly skilled at motivating all students and we will always be committed to all our Nobelians, we accept that they come from diverse backgrounds, however we will not accept disruptive, challenging or rude behaviour. I distinctly remember talking about our expectations of good behaviour at my open evening addresses over the years. I think it is fair to say that parents know what our expectations are when they join the school and the vast majority of Nobelians are a pleasure to teach. However, I want to make it clear that we do not pick on young people or make things up about their behaviour, sometimes young people do not want to tell their parents the full story! We are always willing to talk to you; our objective is always to work with families in the best interests of their children.

Over the last 12 years I have worked alongside Mr Steve Morley on behaviour, safeguarding and other fundamentals and I know there have been times when some families have found his approach too forthright. However, he has been the colleague that I have relied on to hold the line on behaviour and a host of other things. At school we really appreciate that the work he has done is often less rewarding and unseen. But I know the school has been a better, safer school because of his diligence, hard work and willingness to tread where others may shy away. I pay tribute to him and thank him on behalf of everyone in the school community as he steps back to teach economics on part time basis.

His responsibilities for behaviour have been taken over by his protege Mr Carl Swendell, who has a different style but will be equally keen to hold the line so that children can continue to thrive in well managed and exciting environments.

It looks like a quiet weekend for me, whatever you are up to have fun and take care,

**Kind Regards
Martyn Henson**

Mr Philcox runs the London Marathon!

Last weekend, I ran the London Marathon for Tommy's. Following some tragic events last year, this is a charity very close to my heart, and I was privileged to be able to represent them at the biggest charity fundraising event of the year. As it currently stands, including Gift Aid, I have now raised just over £5500, which has stunned me. Thank you so much to the staff, students and parents who have so kindly given their time and money to support me. My fundraising link is open for a fortnight longer for anyone who wishes to donate!

https://www.justgiving.com/page/ben-philcox-1723571637568?utm_medium=FR&utm_source=CL

I was not a runner, and wanted to set myself this challenge to raise awareness and money. I started running in August, progressed through the Couch to 5K programme, and then built to 10K. I completed my first 10K race in January (a VERY cold and wet Stevenage), then completed the Bedford Half Marathon in February. I have run three or four times a week since August, and have logged all my runs on Strava, a total of over 700 miles.

I am not a natural runner, and have been massively boosted by the support of my colleagues and my classes, especially my form, who have regularly asked about it and kept me entertained – especially when I had to explain to them that taking a taxi was cheating!

Marathon Day on 27 April was incredible – the hottest day of the year at that point, and considerably hotter than I had trained in. I set off fast, wanting to complete as much before it got too warm, and reached Tower Bridge (half way) at a good pace. I slowed down in the second half of the race, and took in the atmosphere, interacting with the crowd and trying to keep one foot in front of the other. My family and some friends came to watch, and were a massive boost in the crowd – as was unexpectedly seeing some parents and students!!!



Personal highlights included:

- Running with Romesh Ranganathan
- Going over Tower Bridge (the noise is indescribable)
- Being featured live on the BBC as I accidentally ran into another runner going over the finish line!



I finished in 5 hours, 30 minutes and 56 seconds – 30 minutes quicker than my target! Much to my delight, I also somehow beat Joe Wicks – something I will talk about at every opportunity for the rest of my life.

Thank you SO much for all the support!

Mr B Philcox

Vocational Education at The Nobel School - May 2025

Vocational Education at The Nobel School



At The Nobel School, we are proud to offer a range of qualifications for students to study. At Key Stage Four (both Year 10 and 11), these include GCSEs, BTECs, Cambridge Nationals and King's Trust qualifications. At Key Stage Five (both Year 12 and 13), these include A Levels, Cambridge Technicals, Extended Project Qualification and Level 3 Sports Leadership qualifications.

"Vocational education has made a real difference in the lives of countless young people worldwide; they build self confidence and leadership skills by allowing students to utilise their unique gifts and talents." **Conrad Burns**

Vocational qualifications focus on specific job skills, being assessed through coursework projects having less emphasis on traditional exams. Each of these qualifications allow students to apply a real-world work-based perspective to their learning, developing a range of transferable skills which will be relevant to future studies and employment.

Key Stage Four Vocational Qualifications

OCR Cambridge Nationals and Pearson BTECs are offered at key stage four. They are available at different levels and are graded on a Pass, Merit, Distinction, and Distinction* scale at Level 1 and 2, with Level 2 Distinction* being the highest grade. These qualifications are currently being studied in a variety of subjects, including Media, IT, Sports Studies, Health and Social Care and Child Development.

The King's Trust Award focuses on helping students apply key skills to real-life situations. This qualification is graded at differing levels including Entry Level 2 and 3 and Level 1 and 2 Awards, Certificates and Diploma.

Points Awarded (APS – average points score)	Grade Achieved			
	GCSE Grade	OCR Cambridge National	Pearson BTEC	King's Trust
9	9			
8.5		Level 2 Distinction * (star)	Level 2 Distinction * (star)	
8	8			
7	7	Level 2 Distinction	Level 2 Distinction	
6	6			
5.5		Level 2 Merit	Level 2 Merit	
5	5			
4	4	Level 2 Pass	Level 2 Pass	
3.5				Level 2
3	3	Level 1 Distinction	Level 1 Distinction	
2	2	Level 1 Merit	Level 1 Merit	Level 1
1.75				
1.5				
1.25		Level 1 Pass	Level 1 Pass	
1	1			
0.75				Entry 3
0.5				Entry 2

Key Stage Five Vocational Qualifications

Cambridge Technicals Extended Certificate, Introductory Diploma and Diploma are vocational qualifications offered at key stage five. The Extended Certificate and Introductory Diploma qualifications are graded at Near Pass, Pass, Merit, Distinction and Distinction* (star) and equates to one A Level. The Diploma qualification equates to two A Levels and is graded at Pass, Pass; Merit, Pass; Merit, Merit; Distinction, Merit; Distinction*, Distinction; and Distinction*, Distinction*. These qualifications are currently being studied in a variety of subjects, including Applied Science, Business Studies, Media, IT, Sport and Health and Social Care.

The Level 3 Sports Leadership Qualification enables successful students to independently lead small groups of people in sport and recreational activities. This qualification is graded as a Pass or Fail and students who successfully Pass receive 16 UCAS points upon completion.

UCAS Points Awarded	Grade Achieved				
	A Level Grade	OCR Cambridge Technical Extended Certificate	OCR Cambridge Technical Introductory Diploma	OCR Cambridge Technical Diploma	Level 3 Sports Leadership Qualification
Equivalent to		1 A Level	1 A Level	2 A Levels	N/A
112				Distinction* (star), Distinction* (star)	
104				Distinction* (star), Distinction	
96				Distinction, Distinction	
80				Distinction, Merit	
64				Merit, Merit	
56	A* (star)	Distinction * (star)	Distinction * (star)		
48	A	Distinction	Distinction	Merit, Pass	
40	B				
32	C	Merit	Merit	Pass, Pass	
24	D				
16	E	Pass	Pass		Pass
0	U	No grade	No grade	No grade	No grade

If you have any queries regarding Vocational Qualifications, please do not hesitate to contact Mr Carolan: Regan.Carolan@nobel.herts.sch.uk

Mr R Carolan
Vocational Quality Lead

Dates for your Diary

Half Term Break - 26—30 May (inclusive)

Monday 2 June—Term begins for all



Science News

Things go bang in Yr 10 Science!

Year 10 Na are studying the energy changes of chemical reactions.

Their Chemistry teacher Mr Murphy set light to a balloon of hydrogen gas. The resulting explosion released more energy than required to start the reaction using the lit match. The lit match provided the activation energy for the reaction to happen.

This is an example of an exothermic reaction.

 [IMG_0025.mov](#)

(Ctrl & Click to access video)

Mr J Murphy
Head of Physics



The Eureka's

What are The Eureka's?

The Eureka's is an annual physics competition for students aged 11-16 in the United Kingdom and Ireland.

It is part of the Limit Less campaign, which has been conceived by the Institute of Physics to broaden and diversify the range of people doing physics after age 16.

This year, we challenge entrants to answer the question: **How can physics help you see the world differently?**

The competition will open on 3 March 2025 and close on 9 June 2025, so half-term is the perfect time to start and finish your project!

You can find inspiration from past entries at :

<https://theeurekas.co.uk/>

Current House ABC Points Totals

29 April 2025	House	ABC Points
1st	Curie	32846
2nd	Mandela	30910
3rd	Teresa	30621
4th	Eliot	27610

Science News - The Power of Plasma



On Wednesday 30 April some A-Level and GCSE Physics students attended a lecture at the University of Hertfordshire, Hatfield organised by the Institute of Physics.

[The Power of Plasma: Lightning, Lasers and the Future of Energy | Institute of Physics](#)

(Ctrl & Click to access web page)

Professor Stuart Mangles MInstP, Imperial College London

Plasma is sometimes called the fourth state of matter and is the most abundant form of visible matter in the universe.

Imperial College's Professor Stuart Mangles' lecture showed the world of plasma physics and the very real possibilities it offers. Research in plasma physics aims to unlock the unique properties of plasmas for applications in society – from abundant clean energy to compact particle accelerators

Mr J Murphy
Head of Physics

On the 30 of April, two peers and I went to the University Hertfordshire, Hatfield to attend a lecture on laser plasma.

Whilst the content isn't exactly our syllabus, there are some points which did interlink with our curriculum which help us to comprehend the advanced topic. For instance, the quantum aspect of the first year of A level physics introduces you to photons, which can help you understand how lasers function and how the energy can help liberate electrons from a material.

It was interesting to learn from my point of view about this topic and normally I tend to move away from experimental physics in favour of theoretical physics, and it was interesting not just to learn the science behind it but also to be taught about the struggle for funding as well despite the potential benefits this research could have.

The lecturer was very comprehensive and made the topic very easy to understand and to engage the audience. One of my peers described it as "Fairly easy to follow and it did interest me!", despite not taking a core science-based subject for A-level.

If you're on the fence for going to one of these lectures in the future, my recommendation is to do so, even if you don't understand the content, it builds experience to university life and would look very good on applications in the future for university as it shows commitment and interest to the subject. Also, there's cookies too!

Ashley Wickens-Rumble 12RLN

The next lecture will be on Wednesday 28 May (in May half-term) [The Quantum Universe | Institute of Physics](#)

(Ctrl & click to access webpage)

Please register via the link if you wish to attend.

The next lecture in term time is expected to be on Wednesday 25 June at 7pm. Look out for details in future Nobel News.

Student Spotlight

Congratulations to Mason (11M SCN) who travelled to Telford during the Easter weekend for a trampolining competition.

It was The Federation Internationale de Gymnastique (FIG) Great Britain qualifiers which is the highest level of competition that Mason can compete in for his age. Despite being up against four other competitors who are already in the Team GB squad, Mason came third, taking home the Bronze medal.

This is a fantastic accomplishment and we look forward to hearing how Mason continues to progress and achieve in the coming months.

Mr R Carolan
Teacher of PE



NOBEL PE AND DANCE



Lunch-time 1:30-2pm

Afterschool 3:05-4:05pm

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
TUESDAY	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	
	Kwik Cricket (Field) – all years – NCT	
WEDNESDAY	Tennis (MUGA) – all years – CHL	SUMMER TERM 2025
	Basketball (MUGA) – all years – PWR	
	GCSE Dance Rehearsal (Dance Studio) – <i>invite only</i> – RPD	
THURSDAY	Tennis (MUGA) – all years – NCT	Year 9 and 10 Athletics (Field) – All PE Staff
	Basketball (MUGA) – all years – JFN	Nobel Dance (Dance Studio) – all years – RPD
	Girls Cricket Club (Field) – RCN	
FRIDAY	Tennis (MUGA) – all years – JSE	
	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

Congratulations to Eden (8C DAN) who has continued to achieve success within Takewondo, continuing to compete over the recent Easter holiday. He recently received 2 bronze (poomsae family and pair), 1 silver (sparring) and a gold medal (single poomsae).

Eden is pictured competing with his grandpa and the Stevenage Mayor gave out the medals to competitors. Well done to Ethan (7M JSN) who came second in the single poomsae who is also pictured here.

Well done to Ethan and Eden, excellent work.

Mr R Carolan
Teacher of PE



FONS NEWS

- Save the date for the Yr 7/8 disco on Friday 10 October
- Dates of future FONS meetings are Monday 9 June, and Tuesday 8 July , please email
- kymarthur@btinternet.com for more information

FONS 100 Club Winners

March 100 Club winners

1st Prize	T Walsh	100	£19
2nd Prize	C Hodgson	47	£13

April 100 Club winners

1st Prize	T Sandy	42	£19
2nd Prize	J Iles	28	£13

Susan Shaw Hawkins Ex Nobel Student - Guest Speaker

Susan attended Nobel School between 1974 – 1980 and gained 8 O' levels and 4 A' levels. She then went on to study Biochemistry at Stirling University.



Susan came in to school to talk to our year 7 students and go through her career to date explaining how she developed through school and what qualifications and experiences she gained on her journey. Susan highlighted her journey through school and how she showed resilience in achieving her A levels even though she had time off school suffering from Glandular fever.

Susan went to Stirling university to study Biochemistry, however she did impress on the students that that was not necessarily what she wanted to do for a career as she has also been heavily involved in higher management positions. Here she explained that her experiences of working as a trainee manager for WHSmiths was invaluable in learning to manage people and refine her interpersonal skills.

Susan also went through the highs and lows of her working career and stated that when things are taken out of your control, for example organisational restructuring at work, you use these as opportunities to further your career.

Susan has also worked in the following Institutions:

- **Glaxo Smithkline** as a research scientist, later principal scientist
- **Decode Genetics** in Ireland, Head of SNP Genotyping New Technologies Division
- **KBIOsciences** – senior scientist, then Principal Scientist/ Lab Manager, SNP genotyping, DNA sequencing and microsatellite facility
- **Queen Mary University of London, Barts and the London** - Lab Manager, The BRIGHT study and cardiovascular groups (WHRI), then Centre Manager, Centre for Environmental and Preventive Medicine (WIPM) at the university.
- **National Institute of Biological Standards and Control**- Divisional Resource Manager, Advanced Therapies/ Analytical Biological Services Divisions
- **Clinical Neurosciences Division, University of Cambridge** - Facilities and H&S coordinator, Clifford Allbutt Building then Facilities and H&S Manager for the university.

No job is for life.

The students really enjoyed the presentation and asked Susan some interesting and challenging questions.

We would like to thank Susan for coming into Nobel to deliver such an engaging talk to our year 7 students.



Mr S Howells
Head of Enrichment

Mental Health Awareness week

At The Nobel School , we're recognising **Mental Health Awareness Month**, with a special focus on **Mental Health Awareness Week (13–19 May)**. This is a time for all of us—students, teachers, and families—to learn more about mental health and how we can support ourselves and each other.

What Is Mental Health?

Mental health is all about how we feel, think, and cope with life. Just like physical health, we all have mental health—and sometimes, we might struggle. Feeling anxious before a test, overwhelmed by changes, or sad after a tough day is completely normal. But if these feelings last a long time, it's important to talk about them.



Why It Matters

- **1 in 4 people** in the UK experience a mental health problem each year.
 - Many young people face pressure from school, social media, or personal challenges.
- Talking about mental health helps break the stigma and reminds us we're not alone.

What We've Learned This Week

In assemblies, we've discussed how:

- Healthy relationships can make us feel supported, safe, and confident
- Unhealthy relationships—whether with friends, family, or online—can cause stress, anxiety, or low self-esteem

Setting boundaries, being kind, and speaking up when something doesn't feel right are important for our mental health

The Five Ways to Wellbeing at Nobel

Here's how students, parents and staff can take care of their mental health using the Five Ways to Wellbeing:

1. **Connect** – Spend time with friends and family. Talk, listen, and build strong relationships.
2. **Be Active** – Walk, run, dance, play sports—physical activity helps lift your mood.
3. **Take Notice** – Be mindful. Pause and appreciate the moment, your surroundings, and how you feel.
4. **Keep Learning** – Try something new. Learning boosts confidence and gives a sense of purpose.
5. **Give** – Do something kind for someone else. Helping others can make you feel happier and more connected.

Where to Find Support

If you're struggling or just need someone to talk to, help is always available:

- **Childline** – 0800 1111 or visit [childline.org.uk](https://www.childline.org.uk)
- **Samaritans** – 116 123 (24/7 for any age)
- **SHOUT** – Text “SHOUT” to 85258 for free support
- **Speak to a trusted adult** – a teacher, school counsellor, or your parent/carer
- Check out The Mental Health Hub

Final Message

Mental health is just as important as physical health. This month is a great time to start talking, listening, and supporting each other. Let's make our school a place where everyone feels safe, valued, and cared for—inside and out.

The Mental Health Team.



National Share a Story Month 2025

*Organised by the Federation of Children's Book Groups, National Share a Story Month is an annual event designed to celebrate the fabulous world of children's fiction and to inspire a love of reading by sharing stories. In 2025, the theme of National Share a Story Month is **Saving the World, One Book at a Time**. Our plans are designed to celebrate both the joy of sharing stories and the importance of our local environment to our health and wellbeing*

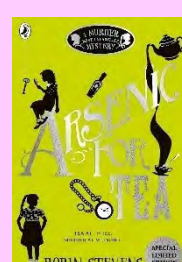
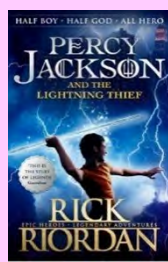
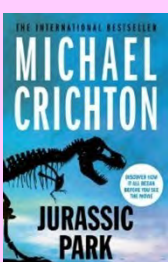
(The Federation of Children's Book Groups)



In the library this month, we are highlighting this annual event by encouraging our students to share the books they have enjoyed reading and to promote them by having them on a dedicated display. In addition, we are asking students to review them and by doing so, ideas and thoughts can be shared amongst their peers.

Books on display include;-

- **Jurassic Park by Michael Crichton**
- **Jane Eyre by Charlotte Bronte**
- **Percy Jackson and the Lightning Thief by Rick Riordan**
- **Matilda by Roald Dahl**
- **A Christmas Carol by Charles Dickens**
- **Arsenic for Tea (A Murder Most Unladylike Mystery)**

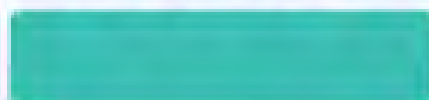


POP UP LIBRARY DISPLAY



Promote a school event, National or International Day or Week or even a favourite author. Display books from your library.

Fill out a card or speak to the librarian



Each week we have a
Genre focus
This week is Animal
Stories



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

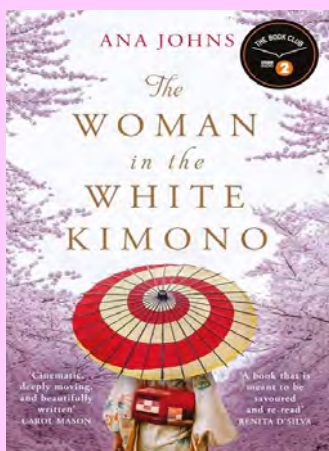
Sparx Reader

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 3 June 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

I love the way that each book
—any book—
is its own journey.
You open it, and off you go.

SHARON CREECH

Developing Character

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

The Character Conundrum for 05/05/25 - 16/05/25 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 15 – GRATEFUL

When Erin chose her options, she decided on Food Tech - everyone needs to cook a bit, don't they? She did not realise that there was so much written work involved. That, twinned with her teacher always bugging her to complete the work and collecting for extra sessions after school, meant that by the end, it wasn't exactly her favourite subject. When she collected her grades on results day, she was pleased with what she had achieved overall but was surprised to find that food tech was by far her best subject. Her parents were pleased, and she obviously thanked them for buying her revision guides etc, but she couldn't quite shake the thought that perhaps she should be grateful to someone else...

Support

Ultimately, the results on the piece of paper in the summer after the GCSEs is the responsibility of each individual student. However, when teachers choose the profession, it is almost certainly to help the students be better. When teachers ask students to attend extra support sessions, it is often seen as a punishment or 'stealing the student's time', however few think of the cost to the member of staff. Would they have wanted to stay back after work when they personally did not need to? Obviously, teachers are paid to get the best results for the students, but they cannot sit the exams for them, are not paid overtime and many go above and beyond to give the students the best possible preparation.


Questions

- Can you identify the moral dilemma in this situation?
- Is there anyone else that perhaps had an impact on the quality of Erin's grade?
- Do you think Erin thought of the extra sessions she had to attend more like detentions?


- Have you had a teacher who has gone above and beyond to support you – did you tell them how grateful you were?
- Do you ever waste time in lessons, then fall behind but say you had a rubbish teacher?

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 MINIBUS.

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 change/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)

(all served with assorted crostini & Insalata)

Meat Ragu & Pappardelle	Mushroom & Sage Risotto

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!)

STEVENAGE

YOUTH WORK PROJECTS FOR YOUNG PEOPLE

REACH OUT

A programme of one-to-one and groupwork support for young people at risk of exploitation and abuse, helping them to make informed choices about safe and healthy relationships.

POSITIVE PATHWAYS

A programme of one-to-one support and groupwork for young people involved in or at risk of involvement in crime and antisocial behaviour.

11-5 HUB - BOWES LYON YOUNG PEOPLE'S CENTRE

Information, advice and support on a range of issues, including mental, emotional and physical health, healthy relationships, sexual health (including free condoms), personal safety, benefits and finances, alcohol and drug use, smoking and vaping and, for those not at school or college, help finding a course, job or apprenticeship.

Bowes Lyon Young People's Centre
St George's Way, Stevenage, SG1 1XY

Monday, Wednesday and
Friday 11am-5pm
For young people aged 11-19, up
to 25 for care leavers and those
with SEND

For more details of the youth work projects in this district, please visit the district project page on the SfYP website using the QR code below.

Tel: 0300 123 7538 Text: 07860 065173
sfyp@hertfordshire.gov.uk
www.servicesforyoungpeople.org
@HCCSYF



Services for
Young People



01438 843340
sfyp.stevenage@hertfordshire.gov.uk
www.servicesforyoungpeople.org

Services for
Young People

SUMMER TERM 2025

Enabling young people to succeed

Area Service Manager: Lucy Davis
Youth Work Practice Manager: Laura Butcher

BOYS AND YOUNG MALES PROJECT

Bowes Lyon Young People's Centre
St George's Way, Stevenage, SG1
1XY

Mondays 6pm-8pm
For young people aged 11-14

STEVENAGE YOUTH COUNCIL

Bowes Lyon Young People's Centre
St George's Way, Stevenage,
SG1 1XY

Thursdays 6pm-8pm
For young people aged 11-17

IDENTITY PROJECT

Please contact
sfyp.stevenage@hertfordshire.gov.uk
or 01438843340 for more information

Mondays 6.30pm-8.30pm
For LGBT+ young people aged 13-17

EMOTIONAL WELLBEING PROJECT

Bowes Lyon Young People's Centre
St George's Way, Stevenage,
SG1 1XY

Thursdays 6.30pm-8.30pm
For young people aged 12-15

MEGAMIX PROJECT

Bowes Lyon Young People's Centre
St George's Way, Stevenage, SG1
1XY

Tuesdays 6.30pm-8.30pm
For young people aged 13-17 with
SEND

DUKE OF EDINBURGH

Bowes Lyon Young People's
Centre
St George's Way, Stevenage,
SG1 1XY

Fridays 4pm-6pm
For young people aged 14-25

SEND YOUTH COUNCIL

Bowes Lyon Young People's Centre
St George's Way, Stevenage, SG1
1XY

Wednesdays 6pm-8pm
For young people aged 11-17 with
SEND

THE OVAL PROJECT

The Oval Community Centre
Vardon Road, Stevenage, SG1 5RD

Fridays 6.45pm-8.45pm
For young people aged 11-14

RAISING ASPIRATIONS PROJECT

Bowes Lyon Young People's Centre
St George's Way, Stevenage, SG1 1XY

Thursdays 12.30pm-2.30pm
For home educated young people
aged 13-16

BEDWELL FRIDAY NIGHT PROJECT

Bowes Lyon Young People's Centre
St George's Way, Stevenage,
SG1 1XY

Fridays 7pm-9pm
For young people aged 14-17

Before a young person can attend a youth work project, a referral must be made via the SfYP website: www.servicesforyoungpeople.org.

EMPOWERING PARENTS TO HELP CHILDREN THRIVE



Bounce Forward, in collaboration with the Harry Kane Foundation, are gifting a series of six online sessions that equip parents with the knowledge and tools to foster mental resilience and emotional wellbeing for themselves and their children.

What we'll cover

- How the brain works, the link between thoughts, feelings and behaviour
- Nurturing optimism and thinking flexibly to overcome adversity
- Helping children gain more control over how they feel and behave
- Developing empathy
- How to connect meaningfully
- Enabling a growth mindset and focusing on strengths

17,000+ parents highly rate this programme

"It was so amazing, I looked forward to the sessions each week, learnt a lot of mind blowing information, that I have applied to my life and have seen improvements! Wish there was more sessions, so sad that it has ended! I have loved learning about my strengths, the ABCs, process praise, the growth mind set, being aware of my gremlins, it has been wonderful learning, and these sessions have been apart of my self care! Thank you ever so much!"

REGISTER HERE

Link to register : <https://bounceforward.com/bounce-forward-raise-resilience-hkf/>



Year 10 Summer School

Year 10 students parents—looking for a productive AND fun way to keep your teen engaged this summer?



To find out more and book visit

www.year10summerschool.co.uk

This August, we are running The Year 10 Summer School at North Herts College, designed to boost students' confidence in maths and English before Year 11.

The one week programme (4th–8th August) offers small classes, subject specialist teachers, and a balance of academic learning and activities such as a karting reward day.

The Year 10 Summer School

www.year10summerschool.co.uk

info@year10summerschool.co.uk

FREE to parents and carers living in Hertfordshire

All courses are 6 weeks with a break for half term 26th-30th May

TALKING TEENS

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

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



Wednesdays

7.45 - 9.15pm

7th May to 18th Jun

Online Course: ID 759

Tuesdays

7.45 - 9.15pm

3rd Jun to 8th Jul

Online Course: ID 760

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children with any additional need aged **2-19**
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 different needs in your family.



Tuesdays

9.30 - 11.30am

3rd Jun to 8th Jul

Face to Face: ID 755

**Gade Community Room
Oakleaf Primary School,
Hemel Hempstead**

Tuesdays

8.00 - 9.30pm

6th May to 17th Jun

Online Course ID 756

TALKING FAMILIES

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

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



Thursdays

9.45 – 11.15am

8th May to 19th Jun

Online Course ID 757

Tuesdays

8.00 - 9.30pm

6th May to 17th Jun

Online Course ID 758

TALKING DADS

6, weekly sessions for dads & male carers of children **0-19** sharing information on:

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



Wednesdays

7.45 - 9.15pm

4th Jun to 9th Jul

Online Course: ID 761

All courses are 6 weeks with a break for half term 26th-30th May

Booking essential. Please Quote the Course ID

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

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

Parent & Carer Support 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=adddtdcreator>

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=odsttdcreator>



- 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



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

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

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.

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
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07512 709556

bookings@supportinglinks.co.uk
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These courses are provided free to participants by Hertfordshire County Council's Targeted Parenting Fund



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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
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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,
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