

From the Headteacher

Dear Parents and Carers,

The examinations have finished at last. I have always resented the creeping of public exams towards the Easter holidays as this is designed to help and exam boards at the cost of young people. When the examination period gets longer it eats into teaching time; it used to be the case that the main examination season did not start until after the May half-term. Anyway, putting those gripes aside, our examination team, led by Ms Walsh and Mr Head, have done a fantastic job and our wonderful staff have worked their socks off giving our Nobelians the best possible chances. Our commitment to young people is second to none and has obviously been picked up across north Hertfordshire.

It is official! Nobel is the most popular secondary school in North Hertfordshire. According to county statistics released recently. On this year's admission figures Nobel had 33% more first choices than places. At Hitchin School for Girls and Boys this figure was 30%, in Stevenage the next most popular was Marriotts at 19% closely followed by JHN at 17% Knights Templar's figure was 4%. All the other secondary schools in north Hertfordshire were under-subscribed on first choices.

I have been meeting regularly with Miss Phagura, the new headteacher, and I am sure the handover is going to be smooth, and Nobel will continue to thrive. It is going to be difficult for me to let go, but after 12 years I think you could all do with a change!

Thank you to Miss Steele, Mr Brown, Mr Burningham, Mr Carolan, Mr Dutt, Mrs Field, Mrs Kite, Miss Ormiston, Mr Philcox, Mr Slater, Mr Stepien, Mr Thomas and Miss Wright and volunteers, Mr Hemmings, Mr O'Neill and Ms Saunders who worked through Friday night and all-day Saturday to support our students on their DofE expedition a couple of weekends ago. Our DofE Staff work phenomenally hard in torrential conditions supporting Nobelians.

Our biggest cohort yet (74) completed their expedition training with an afternoon training in the auditorium and on the field before learning to navigate using a map and compass across Hertfordshire.

Our students' teamwork was really tested as they battled mental and physical challenges, all of them said it was the hardest thing they had ever done. Despite this, they return ready to tackle and conquer the qualifying expedition next week. The growth of DoE at Nobel has been a fantastic achievement that Miss Steele and her team can feel immensely proud of.

The Summer concert at school last week was lovely. May I take this opportunity to thank the performing arts team for organising the concert and those colleagues who ran the front of house team, site management team for help in organising the venue and the to all the Nobelians involved: Rose Beech, Kayleigh Abrey, Freya Ball, Abi Iles, Ruby Castle, Jessica Thomas, Harry Emanuel, Aaliyah Bello, Sephanie Udom, Adewale Akekanye, Jessica Andrews, Ava Dwyer Collins, Hannah Creighton, Amy Miller, Ava Gentle, Jasmine Rumsey, Freya Ball, Turner Goodridge, Angad Pandey, Ruby Castle, Eleanor Hardy, Isobel Lee, Suzy Tonge, Emily Davis, Summer Gore, Cara Fulton, Harry Mumford, Jamie Frisby, Liliana Nowak, Daisy Donovan, Katelyn Gollop, Summer Gore, Olive Richardson, Grace Field, Emily Hone, Pippa Leader, Amelie Mackenzie, Coco Taylor, Sean Offiong, Bonnie Mclean, Kimberley Chiura, Evie Mae Paine, Harmony Lungay, Connie Spary, Regan Piper, Caitlin Chiveralls, Sophie Bradley and Cienna Brown.

It was a magical evening that celebrated the life of our dear colleague and friend, Rebecca Llewellyn. It was a very poignant evening intensified by the presence of Rebecca's family. It was wonderful and in the coming weeks we shall rename the dance studio in memory of our lovely colleague.

We have another month of the summer term; I intend to savour every moment. In the meantime, stay cool and take care in this blistering weather.

Kind Regards
Martyn Henson

A vibrant yellow poster for 'The Nobel School Summer Concert'. The background is decorated with stylized white clouds, musical notes in blue, orange, and red, and stars. A large red guitar is positioned on the right side, and a red drum with blue drumsticks is on the left. The text 'THE NOBEL SCHOOL' is in dark blue at the top. Below it, 'SUMMER' is in large teal letters and 'CONCERT' is in large red letters. At the bottom, the date and time '3RD JULY 5:30PM' are in dark blue, followed by the location 'AT LESLIE ROSE AUDITORIUM' and ticket information 'Voluntary donation on School Gateway or cash on arrival' in dark blue.

THE NOBEL SCHOOL

SUMMER CONCERT

**3RD JULY
5:30PM**

AT LESLIE ROSE AUDITORIUM
Voluntary donation on School Gateway
or cash on arrival

We will be holding our Summer Concert on Thursday 3rd July at 5:30pm in the Leslie Rose Auditorium. This concert is an excellent opportunity to showcase our students' talents, featuring: choir, performances of our KS3 music curriculum including band project and musical number as well as group acts, solo, and piano.

Please book your free tickets via the link below: <https://www.eventbrite.com/e/the-nobel-school-summer-concert-2025-tickets-1414296913139?aff=oddtcreator>

Any donation via school gateway or cash on the door will be greatly appreciated. Grab your tickets, and bring your friends and family to support our musical talent!

We look forward to seeing you all!

Mrs A Shakespeare
Music and Drama Teacher

Student News!

Congratulations to the winners of the Maynard-Morfett Mathematics Prize.

Over the last few years, one of our former students, Tony Morfett, has provided us with a shield for our 4 most outstanding 6th form students. Tony was one of the founding students in 1961, leaving the school in 1968. He worked locally putting his own maths skills to great use designing satellites for the space industry. Now retired and living in the Isle of Man, Tony visited the school last year and was impressed with the attitude and work of the current students. His visit prompted this kind gesture to sponsor the prizes.

We usually choose our winners through the senior mathematics challenge but unfortunately, this was not able to go ahead this year. Instead, we have chosen an exceptional student from each of our 4 A-level classes who have sat exams.

Our winners this year are:

Year 13 Further Mathematics – Daniel Todorov

Year 13 Further Mathematics – Tommy Henderson-Thynne

Year 13 – Amelia Browne

Year 13 – Erin Austin



All four students names will be added to the shield which will be displayed in school and will receive a book token as a well done.

Many thanks to our kind sponsor, Tony for his continued support.

Mr A Mesher
Head of Maths

Current House ABC Points Totals

9th June 2025	House	ABC Points
1st	Curie	38262
2nd	Teresa	35548
3rd	Mandela	35510
4th	Eliot	31773

FONS News

FONS run the 100 club which is a monthly raffle costing £2 a month. If you would like more information or to join please contact the FONS treasurer, Jodie Lang at ilangseattle@gmail.com.

The next FONS meeting is on Tuesday 8 July at 7pm in the school library. If you would like more information or to join please contact Kym Arthur at kymarthur@btinternet.com.

Save the date for years 7/8 disco on Friday 10th October. More information to follow nearer the date.

**Kind Regards
FONS Committee**

Year 8 Herts for Learning Mathematics Challenge

On Thursday 12 June, four Nobelians represented the school in the final heat of the Year 8 Herts for Learning Mathematics Challenge.

Veda Kishore, Isla Brooke, Lewis Wilmot, and Hugo Dziemiach competed alongside 20 other teams from schools across the county.

The Nobelians pushed themselves to the limit answering a variety of mathematical questions that required problem solving, strategy, and teamwork. The teams put in a fantastic effort, and placed 5th overall. Well done to our Nobel mathematicians - you make us proud!

**Miss Courtney Wright
Teacher of Mathematics**



Dates for your Diary

23– 27 June **UCAS and Enrichment Week**

25 June **Yr 13 Prom**

27 June **Inset Day (pupils not in school)**

3 July **Summer Concert**

7 July **Nobel Formal Awards Ceremony**

11 July **Sports Day**

18 July **Last Day of term (school finishes at 12:20pm)**



Geography Club Update

Geography Club have been investigating the biodiversity of our school grounds. The aim was to find out more about the plants and wildlife within our immediate environment using a night vision wildlife camera and the Seek App to identify plants and insects. Malakee and Albert take up the story from this point:

During our investigation on the school grounds, we placed a wildlife camera to see what animals we could find. We were expecting to find a hedgehog; however we found a badger (we named Boris) and a fox (we named Monsieur Fox).



Boris the Badger



Monsieur fox

We also looked at the biodiversity of our school, which we were shocked to find it was not just grass. We identified Common Comfrey, Wych Elm, Eggleaf Spurge and Wood Dock amongst the plants – as well as some stinging nettles!



Egg Leaf Splurge

By Malakee Rogan and Albert Phillips (Y9)

***Mrs Rose
Deputy Head***

Over the Rainbow Concert



Thursday 12th June saw the Performance faculty present their summer show, **'OVER THE RAINBOW'** with all proceeds going to the *The Willow Foundation* and *The Garden House Hospice*. This special fundraising show was put together as a tribute to, and in honour of, Mrs Llewellyn, who sadly passed away in February after her brave fight against the cancer that she had battled for 10 years.



The Nobel School has such admiration for the way that Mrs Llewellyn faced everything that had happened in her life, so the performance faculty along with her friends, colleagues and students, wanted to show our support and solidarity for her by raising money for her chosen charities. What better way to do that than by doing what we do best – a show in her honour. We asked the talented students that Mrs Llewellyn so loved to teach, inspire and give the opportunity to perform, to help us, and suddenly the school was ablaze with performers, dancers, and musicians who gave their time freely to create a great show. Their energy, enthusiasm and of course their talent were

a testament to the legacy of a love of the arts that Mrs Llewellyn inspired in The Nobel School.

'OVER THE RAINBOW' was an inspiring feast of entertainment with every song, piece of music or dance specially chosen with Mrs Llewellyn in mind. In front of a packed audience including her family, the students that took part dressed in all the colours of the rainbow, were amazing and their excellent performances, dedication and commitment were a fitting tribute to a beautiful and courageous teacher, colleague and friend whom we loved, admired and miss so much.

Thank you to everyone involved in the concert, we raised just over £1,600 for the charities.

Ms Parsley
Head of Drama





6th Form Free & Equal Ambassadors

Better Empathy, Better Community.

We're the Free and Equal Ambassadors — a group of Year 12 and 13 students who care about making Nobel a more inclusive place for everyone. Our main focus is on empathy and helping people see things from different perspectives. Through campaigns, assemblies, posters, fundraisers, and student-led initiatives, we aim to raise awareness about inequality and promote kindness and understanding across all year groups.

We are taking part in monthly training sessions and having ongoing discussions with students and staff to ensure we're making the greatest possible impact.

This isn't just about now — we want to inspire future students to keep this going and help build a school where everyone feels respected, accepted, and heard.

Back from left: Mela Hall, Yvonne Owusu Boakye, Tomi Osunkoya, Deborah Oluwatomi, Alanna Wilson



Front from left: Bailey Hessing, Sonja Brits, Lillie Smith

Mrs Woodring
Classroom Teacher

Yr 11 Revision in Science



Well done to the Yr11 students revising for their GCSEs.

The students have been coming for revision sessions for the science exams after school.

We wish them luck

Mrs A Pearson
Head of Science

Vocational Education information on the school website

There is a wealth of information on the school website regarding Vocational Education at The Nobel School.

This includes all of the KS4 and KS5 vocational qualifications we currently offer, gradings for vocational qualifications and information for students, parents and carers with relation to the student reports home, outlining subject codes and grades.

<https://thenobelschool.org/vocational-education>

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

Vocational Education

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 Entry T Level qualifications. At Key Stage Five (both Year 12 and 13), these include A Levels, Cambridge Technicals, Technical Project Qualification and Level 1 Sports Leadership qualifications.

What are vocational qualifications?

Vocational qualifications focus on specific job skills, being assessed through coursework and/or theory. They are often more practical than academic qualifications. Some of these qualifications allow students to study real world tasks, 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.

"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."

Simon Burn

Parent Survey 2025

Dear Parents and carers

Across the school at this time of year, colleagues start to look at planning for next year. You can help us to plan and to form a better partnership between school and home by answering the questions on our annual survey by using the QR code below or by following this link:



<https://forms.office.com/e/Cmb5fSrvGK>

If you require a paper copy of the survey, one can be collected and then returned to Reception. The survey will be open from Friday 20 June to Monday 30 June inclusive.

If you have any questions about the survey, please don't hesitate to contact me in school.

Sincerely,

Mrs Rose
Deputy Headteacher

Year 10 Sports Studies – Outdoor Adventurous Activities Trip

On Tuesday 17 June 2025, the Year 10 Sports Studies students travelled to Stanborough Park in Welwyn Garden City to complete Outdoor Adventurous Activities for the R187 unit of their course.

Students studying the OCR Sports Studies course must plan for and take part in an outdoor adventurous activity. This is for unit R187 which is worth 20% of the final overall sports studies grade.

The first activity took place in the morning where the 34 Year 10 students participated in Kayaking on the North Lake with GLL. Once a thorough safety briefing had been conducted, students got into their single kayaks. Then, the students gathered their vessels and paddles, ready to take to the water where they learnt how to turn and control the kayak.

Having met at the pontoon at the end of the lake, the instructors allowed the students to race. Across the duration of the morning, the students showed a great awareness for safety and were able to problem solve whilst on the water.

In the afternoon, after a lunch break, we travelled across to the South Lake where the students took part in the High Ropes Course and Zip Line through Vertigo Adventures. Firstly, students completed the highest course available before finishing with the zip line, meeting the rest of the group at the bottom. Both of these activities required a high level of self-belief, confidence and determination.

It was fantastic to see the group pushing themselves out of their comfort zone to complete both activities. Moreover, what was most impressive was the support and encouragement the group gave each other which was especially important for those who had a fear of heights.

Across the course of the day, students were being assessed on safe practice and the different skills they showed whilst completing the activities. Some of these skills included communication, teamwork, self-belief, problem solving and determination.

Since students have been back at school, they have been using their sports studies lessons to complete their risk assessments, full plans, emergency procedure plan and evaluation for the trip. This forms a large part of their coursework and overall grade for this unit.

Thank you to Mrs Jones, Mrs Camp and Mr Willsher for joining us on this successful trip!

Mr R Carolan
Teacher of PE i/c OCR Cambridge National in
Sport Studies



Year 12 Sports Leaders attend and run the Hertfordshire Disability Sports Festival

On Wednesday 4 June, our Year 12 Sports Leaders travelled to Wodson Park Leisure Centre to run the Youth Sport Trust Inclusion 2025-28 Team in Hertfordshire's Disability Sports Festival, in partnership with The Panathlon Foundation.

As part of their Level 3 Sports Leadership Qualification, students have to complete 12 hours of volunteering within the sports sector. This event counted towards these hours.

In the morning, the leaders had a session with Harry from Panathlon Foundation to go through the activities they were leading, which included: polybat, new age kurling, boccia blast and skittles.

Then, the leaders welcomed 6 special educational needs schools to their activities across the day. As well as explaining the activities with clear instructions and demonstrations, the leaders scored the activities, awarding participants with points.

Children participating in the event had a range of disabilities ranging from wheelchair users, those with hearing impairments and those with severe learning difficulties. As a result, the leaders had to carefully consider how to adapt each activity to ensure it was inclusive for all. For example, for participants who were deaf, the leaders had to ensure they were speaking clearly whilst facing them.

At the end of the event, The Panathlon Foundation recognised the Nobel leaders through awarding them with a certificate and pin badge. Further to this, Anne-Marie Riddle and Mary Szulikowski from YST Inclusion 2025-28 in Hertfordshire, praised the students as they were impressed with the way in which they conducted themselves, made activities suitable for all children and motivated the children to be active.

The students were fantastic Nobelians and continue to be wonderful role models to their younger peers in the school. Upon completing on their Level 3 Sports Leaders qualification in July, students will receive their qualification certificate and 16 UCAS points.



Mr R Carolan
Teacher of PE
i/c Level 3 Sports Leadership
Qualification



Well done to the following Year 12 students:

Charlie A,
 Theo B
 Katie H-P
 Lily-Angel K
 Gabriel L
 Shakira M
 Tomi O
 Kyle P
 Lauren R
 Rehan S
 Levani S



Volleyball at Nobel

This year has seen the introduction of volleyball at The Nobel School. Students have had the chance to attend volleyball club once a week since February, with training sessions recently heading outside with the start of summer exams and with the purchase of outdoor volleyball nets.

The club has been a great success, bringing together students from across the year groups as most are trying out the sport for the first time.

On Monday 9 June, students had their first taste of a volleyball game against Onslow St Audrey's School in Hatfield.

A total of three sets were played, with some fantastic team rallies on show and the performance of the whole team getting better with each set played. Set three ended up going down to the wire after a streak of superb serving from Sofia T.

The sets finished, 25-13, 25-19, 27-25 in favour of OSA. Player of the day: Patrice N.

With another game set for this summer, it is an exciting time for volleyball at The Nobel School.

Volleyball club is open to all students, taking place Tuesday lunch and Friday after school each week.



**Mr J Ferguson
Teacher of PE**

Cricket at Nobel



Across Monday 9 June and Tuesday 10 June, a selection of girls cricket leaders represented The Nobel School at the Primary Girls and Primary Mixed Dynamos Cricket Competition.

Over the two days, the girls were in charge of officiating the tournaments for all the local primary schools in attendance. With multiple games being played at once, the girls split up and worked together in teams to ensure each game was officiated fairly and in line with Dynamo Cricket rules.

In addition to this, the girls also lead a variety of cricket skill games for those students not playing. It was a fantastic two days of cricket, with all the girls in attendance representing The Nobel School to the highest level. Special mention to Sofia T and Mackenzie Z who were recognised multiple times over both days for their strong leadership and officiating

**Mr J Ferguson & Mr R Carolan
Teachers of PE**

U13 Girls Cricket

U13 Girls Cricket Shines at Hemel Hempstead Cricket Club

It's been an exciting season for our U13 Girls, who have taken to cricket with enthusiasm, skill, and a real team spirit! After learning the game earlier this year, the girls have had the fantastic opportunity to put their new skills into action as part of Hemel Hempstead Cricket Club's youth programme.

And what a start they've had—winning three out of four matches in their very first competition! The team played with great determination and energy, scoring plenty of runs and showing just how much progress they've made in a short time.

There were some standout performances along the way, with Lucy Baker and Rebecca Jackson delivering outstanding batting displays that helped lead the team to victory. Their efforts with the bat were a joy to watch and a real highlight of the season.

A huge shout-out also goes to our Year 8 umpires, who stepped up to the challenge of officiating matches for the very first time. Their confidence, fairness, and understanding of the game really helped the matches run smoothly—well done to all of them for doing such a fantastic job!

We'd also like to extend a big thank you to Rebecca Kelly from Hertfordshire Cricket, who has been coaching our girls each week. Her expertise, encouragement, and passion for the game have had a big impact, helping the players build both skill and confidence.

Most importantly, the girls thoroughly enjoyed the experience, building friendships and having fun while developing as a team. It's been a brilliant introduction to the sport, and we can't wait to see what they achieve next!

Congratulations to:

Players—Lacey Haggerty, Layla Haggerty, Jasmine Stiles, Millie Blow, Rebecca Jackson, Amelie Mackenzie, Eliza Zeelie, Chloe Barber, Lucy Baker

Umpires—Ava Gentle, Janeisha Chudasama, Emily Davies, Scarlett Elvin, Emily Hone

Mr J Saville
Teacher of PE

U13 Girls First Competitive Cricket Tournament

On Monday 16th June, the Nobel U13 girls cricket team took part in their first competitive tournament at Margaretsbury Cricket Club in Ware, as part of the *Chance to Shine* initiative.

It was a long and very hot day, but the girls showed fantastic effort, resilience, and enthusiasm throughout. They played with great spirit and teamwork, supporting each other both on and off the field. In their final game, the team really found their rhythm and hit some wonderful runs, ending the day on a high.

A special mention and huge thank you goes to Amy, who showed real dedication by coming straight from her Year 11 exam to help with umpiring—true commitment and much appreciated by the whole team.

Well done to all the girls for representing Nobel with such pride and positivity.

Players—Lacey Haggerty, Layla Haggerty, Jasmine Stiles, Millie Blow, Amelie Mackenzie, Eliza Zeelie, Chloe Barber, Lucy Baker

Umpire - Amy Miller





Year 1 Inspired by Disney Girls' Football Festival led at Nobel

On Thursday 12 June, Nobel hosted the Stevenage Sporting Futures Team's Year 1 Inspired by Disney Girls' Football Festival in association with the Stevenage Barclays Girls' Football School Partnerships by England Football.

Our Year 9 Girls Football activators welcomed 50 Year 1 children from Woolenwick Infants, Mossbury, Roebuck Academy and Round Diamond schools.

The festival introduced students to Girls' Football through Frozen 2, going through a range of activities which were introduced by a narrative which was a part of the story.

The Nobel Girls' Football Activators led five chapters of the story, where participating children developed their football skills with an emphasis on physical literacy.

The Nobelians delivered with confidence and created a warm and encouraging environment for the Year 1 children in attendance. All of the schools were highly complementary of the students' delivery of the event and how kind and caring they were towards the children they brought to us.

This was part of the Activator programme that the PE department have led over previous academic years and it was wonderful to see the Nobelians putting all of their leadership skills into practice.

Well done to the following Year 9 students:

Lucie P, Evie D, Isabelle H, Lucy W, Emily G, Emily K, Hollie L and Phoebe P

**Mr R Carolan
Teacher of PE**

The following Feedback about the event , shows what a success it was:

"I just wanted to say a big thank you to you and all the leaders for their efforts at yesterday's KS1 Active Play Through Storytelling event.

They were brilliant throughout – enthusiastic, engaging, and a real credit to your school. The way they supported the younger children and brought the activities to life made a big difference to the success of the day.

Please pass on my thanks to them all – they should be really proud of how they represented themselves.

Kind regards,

Luke Wilkinson

Sports Officer and Strategic Lead for Stevenage Girls Football Sports Partnership"



Cricket at Nobel

The Year 7 boys' cricket team have had a fantastic season so far this year. With strong numbers each week at training and some excellent play within PE lessons, picking a team to represent the school has been difficult.

So far, the team have played multiple 30 over games with both hard ball and windball, as well as taking part in a pairs 'Dynamo Cricket' tournament.

Training has seen a real focus on the fundamentals of bowling, batting and fielding in order to try and build the foundations of strong players. In all the games played this year, there has been a noticeable improvement from those in the team and although final results of games have been mixed, this year has set the foundation of a strong team who will hopefully continue to improve and play together as they progress through the school.

There is one final hard ball game to be played this year along with two more wind ball tournaments. Cricket club is open to Years 7-9 each Monday after school for the rest of the year.

Mr J Ferguson
Teacher of PE



NOBEL PE AND DANCE <i>"To encourage maximum participation through an inclusive curriculum, inspiring students to fulfil a lifelong, healthy active lifestyle."</i> Lunch-time 1:30-2pm Afterschool 3:05-4:05pm		
EXTRA CURRICULAR CLUBS	MONDAY	Tennis (MUGA) – all years – ECP Basketball (MUGA) – all years – SHS Kwik Cricket (Field) – all years – PWR Year 7 Boys Cricket (Field) – JFN Year 8 and 9 Boys Cricket (Field) – PWR/SHS KS3 and Year 10 Girls Rounders (Field) – ECP/CHL/RCN
	TUESDAY	Tennis (MUGA) – all years – ECP Basketball (MUGA) – all years – PWR/SHS Volleyball (Field) – all years – JFN Kwik Cricket (Field) – all years – NCT Year 7 and 8 Athletics (Field) – All PE Staff
	WEDNESDAY	Tennis (MUGA) – all years – CHL Basketball (MUGA) – all years – PWR GCSE Dance Rehearsal (Dance Studio) – <i>invite only</i> – RPD SUMMER TERM 2025
	THURSDAY	Tennis (MUGA) – all years – NCT Basketball (MUGA) – all years – JFN Girls Cricket Club (Field) – RCN Year 9 and 10 Athletics (Field) – All PE Staff Nobel Dance (Dance Studio) – all years – RPD
	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

Duke Of Edinburgh News

74 students spread across 12 groups completed the last of their expedition training over 3 days of activities designed to equip students for their Qualifying Expedition next week. Students learnt a lot of practical skills but arguably, more importantly, learnt a lot about themselves and the importance of team work.



The weather was varied as we had spells of blue sky mixed with spells of torrential rain yet despite this, everyone (students and staff alike) persevered in the challenging weather to support each other.

All of this was achieved without their reliance on modern technology; it always strikes me how lovely it is to see students actively engaging with each other outdoors in nature and without the reliance of a device.

I know this expedition was hard for most; we had much laughter, tears of joy and a few tears of despair as well but I'm so proud of every student for making it across the finish line.

The expedition is never a race, it is a challenge to be the best you can be and every student met their challenge this last week and should be exceptionally proud of their conduct and commitment throughout the expedition.

Miss L Steele
DofE Lead





Year 12 Gold DofE Award News

Students spent Monday with Mountain Leaders and Hill and Moorland Leaders plotting their Gold Qualifying Expedition route through some spectacular landscapes.

They also refreshed their skills in a number of practical aspects including first aid, team work, navigation, menu planning and the countryside code.

Miss L Steele
DofE Lead



Cologne Trip

In this article I will be talking about my experience on the Germany trip to Cologne, or as Germans would say Köln. We went from the 4– 6 June, and travelled by coach through the Eurotunnel.

On the first day we had a very long but enjoyable trip to Aachen before arriving in Cologne. When we arrived in Aachen we learnt and saw some of the history of the beautiful city. The old and mesmerising cobbles were down every street, which gave me a cozy feeling when looking around. We also looked inside the amazing cathedral of Aachen, and then arrived at the homely hostel.

The second day was my personal favourite and I know most of my class mates thought so too. In the morning we walked about 15-30 minutes to the wonderful and memorable Cologne cathedral. The gothic and ancient look it gave made it even more fascinating than it already was. When we went inside it was even prettier than I thought, and Mr Goggins also reminded me and my friends how much time this would've taken to build (632 years!). We travelled down to the crypt where some Cardinals and Archbishops were buried in the walls. The Treasury was very interesting as we got to see all the valuables of the cathedral, including golden crowns, staffs, swords and vestments.

After this incredible moment, we headed towards the Lindt factory! Here we discovered the history of the cacao bean and were showed how the chocolate is made. We also got many enjoyable samples and bought a lot from the gift shop afterwards. Lastly, we headed back to the hostel where we played a fun quiz which Mr Gilbert made seem like a game show.

And on the third day, we took a cruise down the River Rhine where we got an immaculate view of the cathedral and got some yummy pretzels (do recommend)! On the way home we were all missing the views.

So that's what we did on the trip, and thank you to Mr Goggins, Miss Perez-Lotcho, Miss Ormiston, Mrs Thompson and Mr Gilbert for giving us the trip of a lifetime!

Grace Gover (Yr. 8)





Former Student Success



We are proud to share the success of Daniel Gogognon, one of our year 11 students who recently left Nobel.

Despite difficult challenges and SEN needs, Daniel showed incredible resilience by sitting all his exams and leaving us in a good place. His determination and creative talents have truly shone through.

Recently, Miss Edgar, Miss Vagg and I had the pleasure of visiting North Herts College to support Daniel as he took part in a fashion show and exhibited his artwork. It was a joy to see him thriving in an environment that celebrates his strengths and passions. His achievements are testament to hard work, and the power of perseverance.

Daniel's creativity was on display, where his work explored themes of identity, confidence, and self-expression through bold costume design, dramatic photography, and intricate mask making.

Inspired by the quote *"if you have good thoughts they will shine out of your face like sunbeams"*, Daniel's project discusses positivity and empowerment.

It was moving to see how he uses fashion and make up to tell a story.

Miss M Linton
Learning Support Co-ordinator



Developing Character

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

The Character Conundrum for 09/06/25 - 20/06/25 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 17 – HONEST

David got his end of year 10 grades handed to him and when he opened the envelope he was horrified, he was at least a grade below where he should be in all his subjects. His parents have always been very trusting and when he got home, they simply asked how he got on. Should he tell them the truth and potentially get in trouble, or bump them up a bit to avoid getting told off?

Support

This problem highlights the short-term thinking of many young people. Of course, David's parents are hardly going to leaping with joy, but it does give them time to support him and help him improve the grades. When it comes round to the real GCSEs, does he want to be as prepared as possible or repeat the same poor performance only to then come clean about how he has done. Students need to understand that being honest with their parents, and themselves, so that actions can be put in place to help them, is a positive step. It will involve working hard and giving up more time, but the long-term gain outweighs the short-term pain.

Questions



- Can you identify the moral dilemma in this situation?
- Have you ever received some news that you know would displease your parents and you have kept it from them? Did they end up finding out and was it then worse?
- What is the impact of David holding this information from his parents?

- What could they do to support him if they knew?
- Do you think David is taking responsibility for his grades if he keeps them to himself?

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**

oundbitelearning UK Ltd, 8 Charlotte Square, Newcastle upon Tyne, NE1 4XF. Registered in England & Wales (registered number 05921961). VAT number: GB 916 2467 2

Nobel Network Guest Speaker - Dr Kat Bailey

On Tuesday 10 June, Former student and Nobel Network member (Class of 2003), Dr Kat Bailey gave an inspirational presentation to our Year 9 students about her career since leaving Nobel.



Kat has a PhD in Psychology and has lectured at the University of Nottingham. Whilst at university Kat discovered pole fitness and aerial sports like trapeze and hoop. She has represented Team GB at the highest levels and won numerous medals including world titles.

From her hobby, Kat developed various business ventures and introduced 'Bungeefit' to the UK. Kat's work has been recognised with several business awards and she now employs a large team delivering aerial sports in the Midlands and beyond.

Kat demonstrated some aspects of her sports by showing a 'You tube' clip of her business activities.

Kat discussed her time at school, her challenges and her diagnosis, at 37 years old, of ADHD (Attention deficit hyperactivity disorder). She explained how her diagnosis has helped her to better understand her approach to everything and her own motivations.

Always wanting to push herself and achieve her childhood dreams, Kat recently was successful in the very competitive selection process to become a Firefighter in the East Midland Fire Service.

At the end of the presentation Kat left the students with the clear message that:

- *It's OK to not know what you want to do yet;*
- *being different/being you is fine , it adds diversity to the community;*
- *Changing your mind or direction is healthy;*
- *Failing is part of the learning process.*

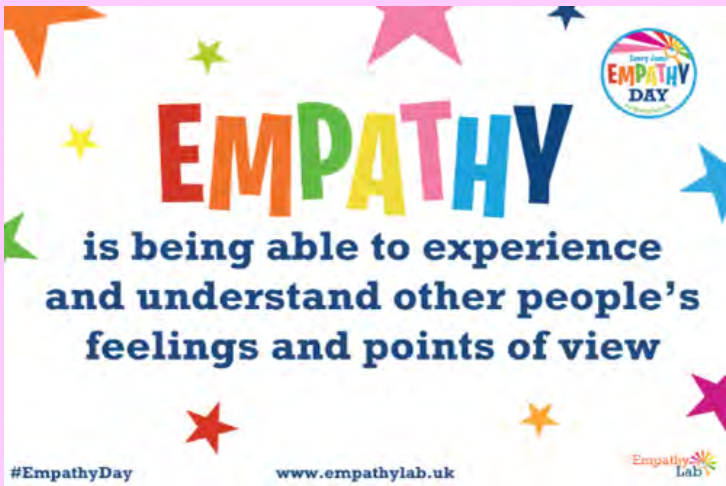
The presentation was very well received by students who engaged with this motivational speaker.

Mr S Howells
Head of Character and Enrichment





We are highlighting Empathy Day in the library during June. We have a wide range of books on display which encourage us to empathise with the characters in the stories and to experience and understand their feelings and point of view.

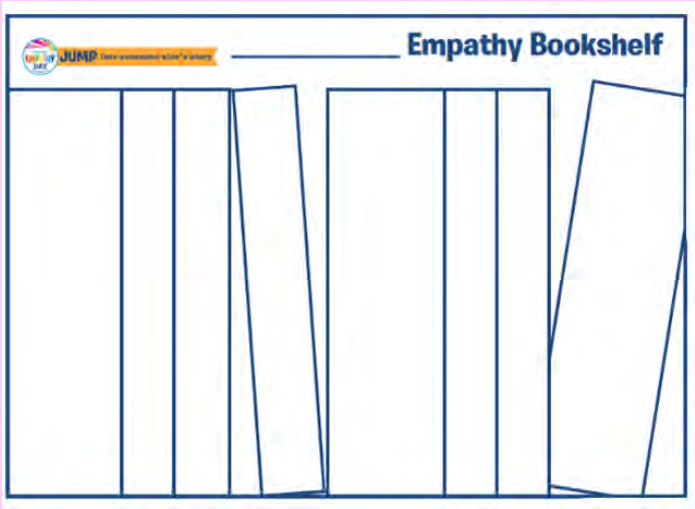


The theme this year is *Jump into someone else's story* and we hope the display encourages us to do just that.



'Empathy is a vital skill, and books are the best and most fun way to learn it' Cressida Cowell

We also have a template for you to create your very own Empathy Bookshelf. What books would you put on yours?





Thank you to Rosie in Year 7 for suggesting a Sherlock Holmes display for our 'Your Choice' pop up display.

This has coincided nicely with Sherlock Holmes Day which was on the 22 May.

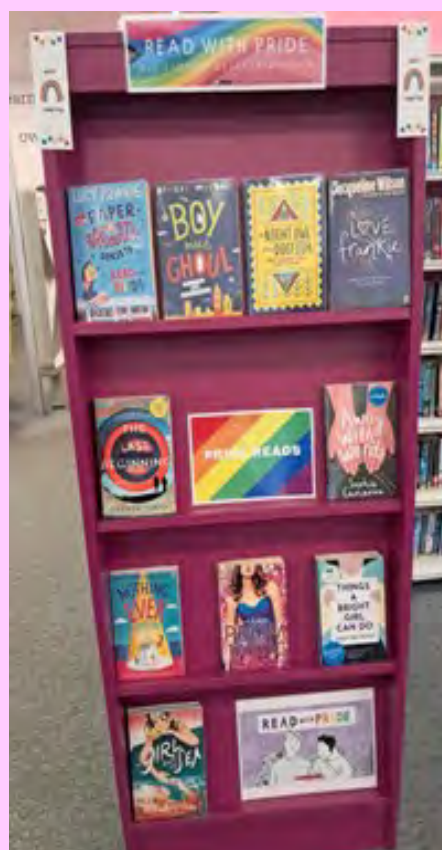


Books include Young Sherlock Holmes by Andrew Lake, Penguin Classics – The Sign of Four, an Enola Holmes adventure as well as a Holmes Graphic Novel and of course the classic The Hound of the Baskervilles.

Read with Pride



Pop into the library and Read with Pride during June with books from both our fiction and nonfiction shelves.



Ms A Hawke
Librarian

My Voice

Volunteer for the Summer Reading Challenge

Give 12 hours of your summer
-
Help children register
-
Talk to children about their books
-
Give out rewards
-
Help keep the Children's Library running smoothly

1 in 5 children cannot read well by the age of 11.

The Summer Reading Challenge, with the support of public libraries, is on a mission to change this!

Scan Me 
to learn more and sign up
or ask in your local library.



ARTS COUNCIL
ENGLAND



DSA
ACHIEVE



Each week we have a
Genre focus
This week is Classics



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

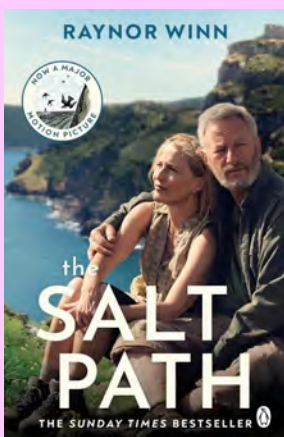
Sparx Reader

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 15th July 2025

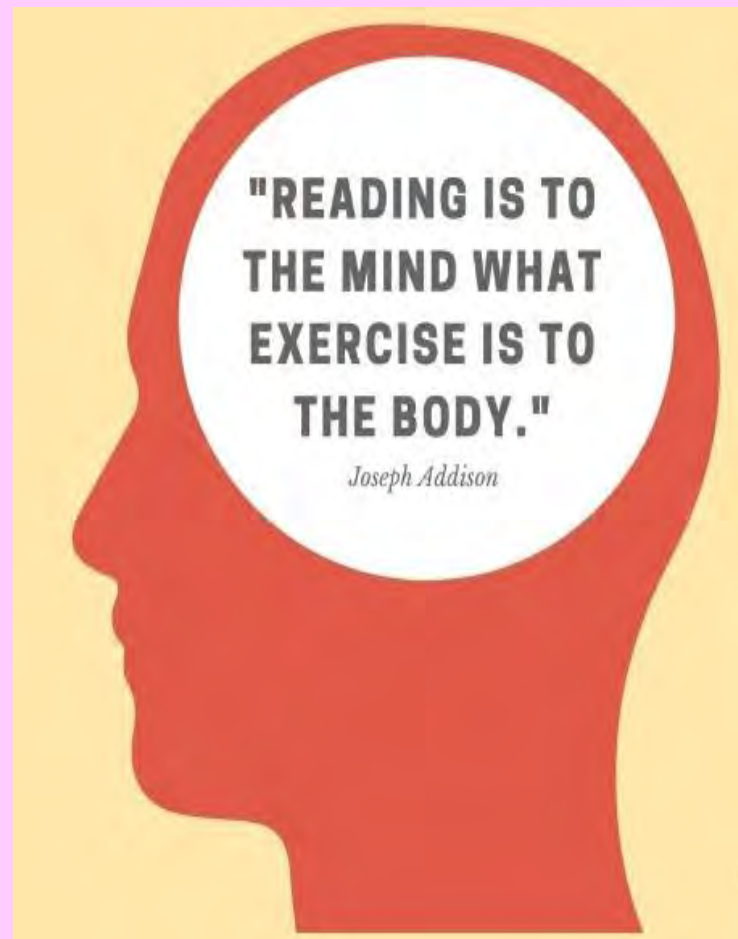
The books to read are:



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

Contact: Amanda Hawke:

01438 222600





**A LEVEL
ART EXHIBITION**

ART EXHIBITION

MONDAY 23rd JUNE 4:30-6:30pm



**GCSE
ART EXHIBITION**

ART EXHIBITION

MONDAY 23rd JUNE 4:00-6:00pm

Mental Health & Wellbeing at *Nobel School* **Coffee Morning**

FRIDAY 27 JUNE 2025
@ 9AM NOBEL LIBRARY



**Mental Health Coordinator
&
Director of Alternative
Provisions
Mr D Camp**

**Drop in for a Chat
and discuss**

**The Nobel School approach
to Mental Health
and**

**The Importance of a
Routine**

**We look forward to seeing
you then!**



Bengeo Girls Football trials - current Year 8 and 9

Bengeo Girls' Football club are currently recruiting Year 8 and 9 girls footballers for their girls' football team.

Students currently in Year 8 and 9 are warmly invited to a Monday training session. The team have two coaches ready for the next season. If you have any queries, please email: bengeotigresses@gmail.com

U15 TRIALS - MONDAYS

CURRENT YEAR 8 & 9 PLAYERS

bengeotigresses@gmail.com



GIRL PLAYERS WANTED!



current U13 girls going to U14 in September

Stotfold jnr Turquoise



- * Recruiting now for U14 2025-26 season.
- * Great group of friendly & welcoming girls.
- * Established & successful team.
- * play Division 1 of the FA Beds girls league.
- * FA qualified coaches , experienced in girls, boys & adult football.
- * Training Thursday evenings, & Saturday matches .

Phone: Rob :07801 888171 Or Len :07769 871156

email; robert@outsidetheboxmarketing.co.uk
Or Lennyfrancis@hotmail.co.uk



ENGLAND FOOTBALL
ACCREDITED CLUB ★★ ★

**HERTS
SUMMER
PARKS**

Stevenage
BOROUGH COUNCIL

Herfordshire's
Holiday Activity Programme
HAPPY


Department
for Education

FREE PARKS FESTIVAL WITH FOOD



Coming to

STEVENAGE

AGES 12–16

WHERE

King George V
Playing Fields,
Sish Lane,
Stevenage,
SG1 3LS

WHEN

8th August
15th August
22nd August
3pm – 6pm

Register your
interest here



Free takeaway vouchers available if you attend activities

ONLINE SAFETY NEWSLETTER.



TEEN SLANG, EMOJIS, & HASHTAGS



With constant access to social media and messaging apps, teens often use slang, acronyms, and emojis to communicate in ways that aren't always clear to adults. These meanings can change quickly—and vary by school or location—making it hard to keep up. SmartSocial.com offers an updated guide to help parents and educators

stay informed about trending terms, hidden emoji meanings, and risky hashtags, supporting safer, more open conversations with young people.

[430+ Teen Slang, Emojis, & Hashtags Parents Need to Know](#)

TEENS, SOCIAL MEDIA & YOU

"Teens, social media & you" is a guide from media smart and tiktok, designed for parents and carers of teens aged 13+. It helps adults understand the online world their young person is navigating, offering tips to support safe, balanced use of social media through open conversation and active involvement.

[Media Smart - TikTok Teens, Social Media and You](#)



WHAT TECH-FACILITATED ABUSE LOOKS LIKE IN TEENAGE RELATIONSHIPS



Teenagers' online and offline lives are closely connected, including their relationships. Technology can enhance communication but also enable control and abuse. Learn how to support your teen in recognizing and responding to tech-facilitated abuse. For more insights, read the Internet Matters blog on this issue [Tech-facilitated abuse: Guide for parents | Internet Matters](#)

TIPS:

- Help your teen secure their devices and accounts
- Check for tracking devices and spyware
- Document digital abuse and keep evidence
- Report and seek support

CHILDLINE - BEHIND THE SCREEN

Sexual extortion (blackmail) is a growing concern. *Behind the Screen* is a free campaign and information pack from Childline, offering guidance for staff, parents, and young people on its impact, language, and support strategies. Some important areas covered in the guide include:

- How to Spot the Signs
- Common Language & Tactics
- Impact on Young People
- How to Support Young People
- Where to Get Help

Childline Reach: Behind the Screen



HELP LGBTQ+ CHILDREN BROWSE SAFELY ONLINE

This guide provides advice on how to support LGBTQ+ children in navigating the online world safely. It covers key topics such as:

- Privacy settings
- Safe browsing
- Dealing with online hate
- Accessing supportive communities

The guide aims to help parents and carers create a safe and inclusive digital environment where LGBTQ+ children can explore their identities while staying protected from online risks.

LGBTQ+ children browsing safely | Internet Matters



WHAT IS KICK STREAMING? WHAT PARENTS NEED TO KNOW



Many parents and carers are familiar with Twitch, a popular live-streaming platform for gamers. Due to controversies over its restrictions, alternatives like Kick have gained popularity. Launched in 2022, Kick follows a similar model where users (13+) can stream and earn money. However, much of its content is adult in nature, making it important for parents to be aware of the platform and its potential risks for younger users.

What is Kick streaming? Safety guide for parents | Internet Matters

GAME SAFE GUIDE - HELPING YOUNG PEOPLE GAME SAFELY ONLINE

The "Game Safe" guide from Internet Matters helps parents support safe, balanced online gaming for young people. It covers age-appropriate content, managing screen time, setting parental controls, and staying alert to online risks like in-game chats and spending. It also encourages open conversations to promote safe and positive gaming experiences.

Game safe guide to help young people game safely online

PARENTS/CARERS - ONLINE SAFETY NEWS - SUMMER 2025 - PAGE 2

The information in the newsletter is given to help promote the safety of children and young people online.

Every care has been taken to ensure the information and any recommendations in the newsletter are accurate at the time of publishing. Schools must make their own judgements when sharing our recommendations with parents and carers and, where appropriate, always risk assess with their pupils and whole school community in mind.

This newsletter is brought to you by the HFL Education Wellbeing team as part of their online safety support for schools and settings in Hertfordshire. Contact the team at wellbeing@hfleducation.org or call 01438 544464.

HFL Education is a leading national provider of school improvement and business support services, training, and resources, which enable schools, educational settings, and multi-academy trusts to deliver a great education.

We support those we work with to achieve successful long-term outcomes for their children.

We believe that every young person, through access to a great education, should be able to realise their potential, regardless of where they live, their background or circumstances.



01438 544 464

Visit our website



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

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



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 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



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.

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-13079117321997?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

