

From the Headteacher

Dear Parents, Carers, and Members of the Nobel Community,

I am immensely proud and deeply honoured to have been appointed as the new Headteacher of The Nobel School. It is a privilege to serve our students, staff, and wider community, and I look forward to working together as we continue to build on the school's strengths in the years ahead.

This newsletter provides me with the opportunity not only to reflect on recent achievements but also to share key information and upcoming events.

One of the first things that has struck me is how welcoming the Nobel community is, and the genuine determination shown by both staff and students to strive for continuous improvement. In my first assemblies to students, I shared my vision for the school, 'The Pursuit of Excellence'. This is a simple yet aspirational goal, and one that I believe unites us all. I emphasised the importance of students taking ownership of their own success, whilst developing vital attributes such as resilience and strong interpersonal skills. My ultimate hope is that every Nobel student leaves us as a confident, kind, and resilient individual, well-prepared for their future.

I would like to take this opportunity to thank parents for supporting our renewed focus on standards, beginning with uniform. The uniform is more than clothing, it is a visible symbol of pride, identity, and our pursuit of excellence. From this foundation, we will continue to grow stronger: week by week, month by month, and year by year.

I am equally passionate about ensuring that students not only achieve academically but also develop their character. I am very proud of the extensive programme of extracurricular clubs, which provide students with opportunities to discover and nurture talents beyond the classroom. I am deeply grateful to staff who give their time so generously to run these activities, and it has been a pleasure to speak with students who are already benefitting from them.

Recently, we were delighted to welcome Dr Van Der Spoele, who spoke with Year 11 parents about memory recall and effective learning strategies. His session was extremely well received, and we look forward to his forthcoming presentation to our Year 11 students. I would also like to thank those who attended our recent Introduction to Sparks Reading session, led by Mrs Di Gregorio. This was a particularly insightful event, exploring ways in which parents can encourage reading at home. As we know, reading is not only a vital life skill but also the foundation for success across all areas of study.

Looking ahead, we are preparing for our Open Evening next week. This is always a highlight of the school calendar, as we welcome prospective families to see what makes Nobel such a special place. I extend my gratitude to the many students who have volunteered to act as tour guides on this important evening. Please be aware that the school will close at 12.20pm on Tuesday, 30 September to allow staff to prepare, and open later the Wednesday, 1 October, further details are shared in this newsletter by Mrs Rose. Additionally, our Sixth Form Information Evening will be held on Wednesday 22 October, which will give parents valuable insights into the support and resources available for our students as they consider their post-16 options.

As I conclude my first newsletter as Headteacher, I want to thank every member of the Nobel community who has made me feel so welcome. I look forward with great optimism to our journey together and to the successes that lie ahead.

I will end with a quote that I feel reflects this exciting new chapter for The Nobel School:

"Excellence is doing ordinary things extraordinarily well." **John W Gardner**

**Best wishes,
Rav Phagura
Headteacher**

School Uniform

Dear Parents and Carers,

Thank you for your support in helping us drive our standards and your commitment to work alongside us, to reinforce this to our young students.

We have had some queries regarding trousers, so we wanted to ensure we clarify this, to avoid anyone, especially ahead of the winter months, buying the incorrect uniform. Please see the extract from our uniform policy with a link to our approved suppliers.

Trousers/skirts that are "Dark blue tailored trousers or skirt – skirt knee length, pleated, not a "hugging" fit", therefore, please do not purchase skinny/slim-fit or flares, as these are not deemed a tailored trouser. School trousers should not be elasticated, stretch fabric..

Nobel School trousers should be a tailored standard fit, and suitable to support a tucked in shirt.

Below is the link to our uniform supplier who are in Stevenage town centre and ready to support. Trousers from alternative brands are acceptable but must meet the uniform expectations.

<https://www.smartyschoolwear.co.uk/plain-range-c82/girls-trousers-c567/girls-junior-navy-twin-pocket-trousers-p4210>

As always, please do not hesitate to email myself if you wanted to check any item before you purchase something, as many parents did this before the summer.

Thank your continued support.

Kind regards

Mr C Swendell
Assistant Headteacher

ABC Challenges

Dear Parents and Carers

Students in year 7 and 8 are expected to complete an ABC challenge per half term on the following areas - **Achieve your best, Build your character and Care for the community.**

Each half-termly challenge will be worth 3 house points and will be logged for each student once the task has been completed and shown to the form tutor.

Please encourage your child to complete the tasks and contact their form tutor if you have any questions.

The first challenge will be to write a paragraph (not more than 100 words) on :

" Why is it important to wear a school uniform with pride?"

Many thanks

Mr S Howells
Head of Character and Enrichment

Important Notice

Parents may have heard that the NatWest Bank in Stevenage is closing in October.

As the next closest branch is in Hitchin, we would like to reduce the amount of cash that we have in school as much as possible.

In order to help us with that, could parents please use the [School Gateway](#) system to put money on their children's lunch accounts and to pay for trips, books and equipment if at all possible. If you do need to use cash, please try to use notes rather than coins to help us with counting, storage and transportation.

If you have any difficulty accessing the School Gateway system, please contact :

Lynsey.chalkley@nobel.herts.sch.uk

Mr N Thomas
School Business Manager



Current House ABC Points Totals

19th September	House	ABC Points
1st	Curie	3990
2nd	Eliot	3355
3rd	Teresa	3203
4th	Mandela	2946

FONS News

FONS is looking forward to raising more money to go towards the students of Nobel this school year.

We are currently in preparation for the Years 7/8 disco making sure we have plenty of snacks and drinks to sell. Our last disco saw 190 students attending and we are sure this one will be as successful. An email has been sent out so please check your emails if you haven't seen it yet. You can pay through the School Gateway or by cash.

We would love to see some new faces at our meetings or helping at events which we hold. Each meeting lasts up to an hour and we discuss things such as upcoming events and department funding bids. Meetings are held in the school library. For more information please email Kym - kymarthur@btinternet.com

Upcoming dates:

Friday 10 October 7pm till 9pm - Years 7/8 disco
Tuesday 25 November - FONS meeting
Monday 26 January - FONS meeting
Tuesday 24 February - FONS meeting
Monday 27 April - FONS meeting
Tuesday 16 June- FONS meeting
Monday 6th July - FONS meeting

Kind Regards
FONS Committee

100 Club News

FONS also run a monthly raffle draw called the 100 club which costs £2 a month. For information about how it works please contact Jodie - jlaingseattle@gmail.com

Winners

The 100 club winners for May through July are below.

May 100 Club drawing winners

1st prize	P. Males	£19
2nd prize	S. Hammer	£13

June 100 Club drawing winners

1st prize	G. Williams	49	£19
2nd prize	B. Burningham	69	£13

July 100 Club drawing winners

1st prize	J. Pennington	25	£19
2nd prize	T. Walsh	79	£13

Dates for your Diary

- **Scholastic Book Fair** - 25 September - 30 October
- **School Open Evening** - Tuesday 30 September 4:30 - 7:30pm
(School is closed to students from 12:20pm onwards)
- **Wednesday 1 October** - Late start for students—11am
- **Fons Yr 7/8 Disco** - Friday 10 October 7-9pm
- **KS5 Open Evening** - Wednesday 22 October - 4:30-6:30pm
- **OCTOBER HALF TERM** - 27 - 31 October
- **Monday 3 November** - School restarts for all



Your chance to perform in the world most amazing venue Royal Albert Hall



**with
The Nobel Notes**



**Audition date: 25th Sep
and 2nd October**

3:15pm at music 222

**Choir regular rehearsals on
Thursdays after school, all
welcome!**



**YOUNG LIVES
TRANSFORMED
THROUGH MUSIC**



School Spruce Up!

During the summer holidays, the school was grateful to receive volunteers from several businesses to assist us in maintaining the good appearance of the school.

Chris, Stevenage Hygiene Manager and Gail, HR Manager at Allied Bakeries along with several members of their team, gave up their time to paint our corridors around the school, providing all materials and labour.



Karol Butrimas-Gair, Stevenage Works Officer at SBC worked her magic and put us in touch with Salma Khan, Social Value Manager from Hill Group who facilitated the labour, plant and materials provided by ROL Construction along with labour from Sureserve to fill in our long neglected pond, which was becoming unsafe. This has created more outside space for the students to enjoy.

Thank you to all those involved, your help has been greatly appreciated.

Mrs J Covell
Premises Manager

The Nobel School Awarded Kite Mark for Effective practice in Emotional Mental Wellbeing



CERTIFICATE OF ACHIEVEMENT

WE PROUDLY PRESENT THIS CERTIFICATE TO

The Nobel School

This certificate was awarded for achieving **Effective Practice** in the Hertfordshire
Emotional Mental Wellbeing in Schools Mark

July 2025

DATE

EMWiE Team

SIGNED



The Nobel school is proud to have achieved a Kite mark for effective practice in the administering of emotional mental wellbeing within school.

Students can access a wealth of information on the school Mental Health hub on the The Nobel website:

<https://thenobelschool.org/mental-health-hub/>

Kind Regards
The Mental Health Team

Monday 10 November 2025

Nobel School Coffee Morning

MENTAL HEALTH & WELLBEING



NOVEMBER

TIME

LOCATION

10

11:20

**School
LIBRARY**

Drop in for a chat and discuss the Nobel School approach to Mental Health and the importance of building resilience.

Mr Camp the Mental Health Coordinator & Director of Alternate Provision will be presenting a talk.



We look forward to seeing you then!



Please confirm your attendance at this event through the following link:

<https://forms.office.com/e/VXAEWbX0m8>

Duke Of Edinburgh News



On the 14 July 2025 the Nobel Silver Duke of Edinburgh team began their travel to the scenic Peak District for their expedition. Before arriving to our campsite, the outstandingly helpful staff helped us practice our navigational skills including map

reading, taking bearings as well as how to use pacing to ensure we are travelling in the right direction. The first evening was filled with lots of fun from sleeping bag races to watching sunsets and of course cooking a delicious meal for dinner.

After a good night's sleep and a nutritious breakfast, we all set off for our first day of walking. This day in particular I feel was the most challenging due to the high volume of rain however, we all used our resilience to keep pushing forward and to think about the positives of the situation such as the beautiful scenery around us despite being a bit soggy and tired. When I think back to the expedition, I am the proudest of myself from this day because even though we all found the day quite difficult, we stayed as positive as we could and came out of it with some funny and nostalgic memories which we can all look back on and laugh about.

The second day was much easier as we had all adapted to the weight of our bags and were able to build on the experience that we had the previous day and change the way in which we went about our trek across the White Peaks. At one point on this day despite our careful map reading skills, we took a wrong turn, and this is when our carefully rehearsed navigation skills were put to the test. We were successfully able to look at our maps, take a compass reading and locate where we were on the map by studying the grid lines as well as any recognisable terrain around us and by doing this, we could identify the most suitable path to take to put us back on track.



It was dilemmas like these which made me enjoy DofE so much as the sense of accomplishment and pride which I felt upon being able to utilise our skills to get ourselves out of a tricky situation such as that is simply incomparable.



We got up bright and early on the Thursday morning and were greeted by a breathtaking sunrise over the misty hills while we began our third and final day of walking on our expedition. On this day, the scenery was particularly breath-taking as we climbed Mam Tor and watched the fog billow across the land beneath us. After a day of very careful navigation in the layer of dense fog and clouds around us, we triumphantly made it to the final meeting place and were met by our very proud teachers as well as a well-deserved dinner of pie and chips before making our journey home and leaving the Peak District.

I thoroughly enjoyed this DofE expedition as I'm sure everyone else did also, we made many meaningful memories which we will all cherish for a long time to come. Through DofE I have been able

to improve my perseverance, resilience, independence and not to mention grown strong friendships with the others in my group bonded by all the fond memories we made together. All of this would not have been possible without the exceptional and supportive DofE staff and volunteers who gave up their precious time to help make our expedition as smooth as possible, so we all owe massive thanks to Miss Steele, Mrs Field, Mr Stepien, Miss Mordaunt, Jenna, Bob and Imogen.

Jessica Jones

**Current DofE Gold candidate
DofE Student Leader**



Ambassador Declarations



I'm Flynn and I am one of the new Head of Science ambassadors. I hope to support and develop the science department in any way I can, and share my passion for science with others.

Hi everyone!

My name is Zsolt and I will be one of the Heads of Science this year. I'll be here to make sure that everyone can find their passion in the Sciences, so if you have any questions or suggestions, you are more than welcome to talk to me. I look forward to having a great year with all of you!"

Our new year 12 science ambassadors for 2025/6 met for the first time this week, they will be helping with students in the rest of the school inspiring them to have a love of science as much as they do.

Well done to the following for taking on this important role:

Science at Nobel

Science 2025-2026

Science Sixth Form Subject Ambassadors

Gianni Udom	Giray Sander
Ishraq Salam	Jessica Jones
Amelia Karbowska	Tahiyah Kamali
Tofunmi Oshimokun	Aimee Gibaud
Lucy Oakley	Wojciech Balaban
Ezra Randall	Phoebe Chiwambo
Araoluwa Adekanye	Joel Garcia
Blake Artesani	Lucas Murko
Flynn Walters	Zsolt Dudau
Hameeda Abdulkareem	Joscelyn Ives
Omar Elhatwany	Alexander Ford
James Evans	Cody Duyungan
Bea Gray	Khynath Kamali
Zile	Josh Spensor
	Alex Ford

Leadership Position	Name
Head of Science	Flynn Walters/ Zsolt Dudau
Head of Biology	Alex Ford/Wojciech Balaban
Head of Chemistry	Jessica Jones
Head of Physics	James Evans/Lucas Murko
Head of CTECH applied science	Giray Sander
Head of H and S care	Gianni Udom

Miss A Pearson
Head of Science

The Nobel School Awarded the Gold School Games Mark



We are delighted to announce that The Nobel School have achieved the Gold School Games Mark Award for the 2024/25 academic year, the highest mark currently available to our school, for the fourth year running.

The School Games Mark is a Government led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across their school and into the community, and we are delighted to have been recognised for our success.

This award recognises all of the wonderful areas within the PE department including but not limited to: gender equality, leadership opportunities, gaining student voice and participation in a range of different events for all individuals.

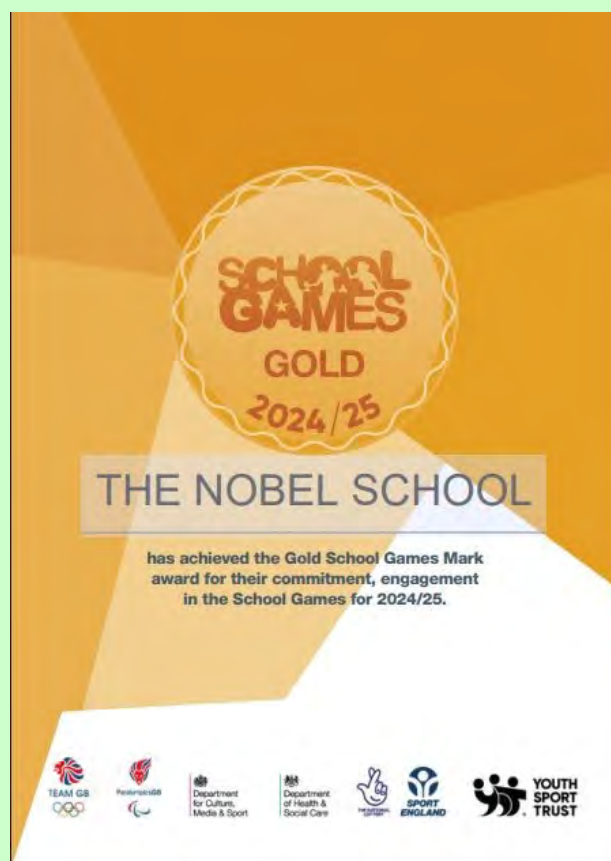
The Stevenage Sporting Futures Team, who validated our application said the following: ***“This fantastic achievement recognises the school’s ongoing commitment to embedding a strong ethos of sport and physical activity across the whole school community. Nobel continues to place physical activity at the heart of its values, using sport as a powerful tool to support wellbeing, confidence, and life skills in all young people.***

The school has shown excellent engagement in both inter-school and intra-school competitions, giving all students the chance to participate, compete, and thrive - regardless of their ability or background. Events are inclusive, purposeful, and designed to create positive, memorable experiences for every child.

What truly stands out is Nobel’s strong emphasis on student voice. Young people are actively involved in shaping the sporting offer within school - helping to drive ideas, select activities, and lead their peers, creating a culture where students feel empowered and engaged.

This Gold Mark is a testament to the hard work of staff and students alike, and a celebration of how sport continues to flourish at Nobel School. Well done to everyone involved - this is incredibly well deserved! “

As part of our application, we were asked to fulfil criteria in the areas of participation, competition, workforce and clubs, and we are pleased that the hard work of our school community has been rewarded. We look forward to working towards another Gold award in the 2025-26 academic year, where we can then apply for the prestigious Platinum award.



Start of the Yr 12 Sports Leadership Course

Following its successful inception in the previous academic year, as part of the Year 12 enrichment programme, the PE Department have been delighted to offer a second group of students the opportunity to complete the Level 3 Sports Leadership Qualification through the Leadership Skills Foundation.

The Level 3 qualification is a nationally recognised qualification that enables successful students to independently lead small groups of people in sport and recreational activities. The qualification



teaches generic leadership skills such as organisation, planning, communication and teamwork through the medium of sport. It is a fun and practical qualification with elements of theory, providing the students with a comprehensive insight into the role of a Sports Leader.

As part of the qualification, students will receive 16 UCAS points on successful completion of the course as well as adding a nationally recognised qualification to their future university and

job applications.

The course started on Monday 15 September, where the course was outlined. On Monday 22 September, the students were tasked with planning a sports warm-up with the brief that it needed to be suitable for a Year 5 or 6 student. The students led a wide range of sessions confidently, preparing fun and engaging activities, explaining their instructions clearly and ensuring everybody was involved. Students will now move onto Unit 1, where they will outline what a sports leader is and begin exploring and developing key leadership skills.

Well done to the new group of Year 12 Sports Leaders, you have made a wonderful start to the qualification. The PE Department look forward to updating you on the progress of the Year 12 Sports Leaders across the duration of the academic year.

Mr R Carolan
Teacher of PE



Nobel success at the Stevenage Sports Awards 2025

On Friday 11 July 2025, the Stevenage Sporting Futures Team led the annual district school sports awards at The 76 Lounge located at The Lamex Stadium home to Stevenage Football Club. The PE Department were delighted that many students were shortlisted for a range of categories. Their successes have been included below:

Secondary School Games Award - this award will recognise the Secondary School that has embraced the Hertfordshire School Games through the attendance of School Games events and following the vision of the School Games by making a positive and meaningful difference to the lives of children and young people through sport and physical activity within their school. **The Nobel School were the winners of this award.**



Secondary Sports Leader Award - this award is for an individual who has shown exceptional leadership qualities and commitment throughout the academic year. **Lauren D (13 MBS)** was shortlisted for this award in recognition of her exceptional dedication, initiative and impact within the school community. Alongside her A-Level studies, Lauren has shown unwavering commitment to netball - gaining coaching qualifications, volunteering weekly and taking on leadership responsibilities such as organising fixtures and umpiring. Her work with younger students in Years 7 to 9 has been particularly influential, where she has served as a coach, mentor and trusted role model.



Lauren's leadership extends beyond school, with staff from other schools commending her professionalism and parents expressing heartfelt appreciation for her positive influence. Her calm, respectful communication and genuine enthusiasm embody the spirit of leadership. Lauren is an outstanding ambassador for both netball and the wider school values. **Lauren was the Secondary Sports Leader of the Year.**

Secondary Elite Performer of the Year Award - this award is for any secondary school pupil who has achieved a high level of performance, representing a club or higher level.

Zara B (Last Year 11) is an exceptional athlete whose passion and talent for rugby have been evident since childhood. Throughout her time at Nobel, she has represented the school in multiple sports including rugby, netball and rounders, while excelling academically in GCSE PE. Beyond school, she has had a standout season with Welwyn RFC, contributing to their success as League Champions for 2024/25. Her commitment to the sport has earned her offers from prestigious institutions such as Loughborough College, Oaklands College and Gloucester Hartpury Rugby Academy - all of which offer elite rugby development pathways.



Zara's achievements extend to national-level opportunities, having been selected to trial for the England U18s Player Development Group and the Saracens Academy. In addition to her playing accolades, she qualified as a rugby referee in 2024 and has already officiated league matches, demonstrating her all-round dedication to the sport. Zara exemplifies perseverance, ambition and true leadership - qualities that make her a standout role model in the Nobel community. We are incredibly proud of her accomplishments and excited to see the bright future that awaits her in rugby. **Zara was the winner of the Secondary Elite Performer of the Year award.**

We are incredibly proud of all our students successes and believe they are thoroughly deserving of being recognised within the district for their achievements.

Unsung Hero of School Sport Award- This award recognises an individual whose dedication, passion, and behind-the-scenes efforts are vital to making sport and physical activity thrive at their school.

Mr Carolan is a driving force behind sport at The Nobel School, dedicating countless hours to ensure every student has the opportunity to participate, regardless of ability. His behind-the-scenes work - from setting up lots of different opportunities to supervising fixtures late into the evening - demonstrates his unwavering commitment. Mr Carolan's efforts go far beyond logistics; he creates an inclusive and supportive environment where all students feel valued and encouraged to get involved in physical activity. His belief that sport is for everyone, not just the most talented, has inspired countless students to grow in confidence and embrace new opportunities.

Through his exceptional organisation, leadership, and care, Mr Carolan has helped make sport at Nobel into more than just a subject - it's a vibrant, welcoming community. He tirelessly manages teams and events, ensuring everything runs smoothly while putting students' needs at the heart of it all. His passion and dedication often go unrecognised, but his impact is clear: without him, the sporting life of the school simply wouldn't be the same. Mr Carolan truly embodies the spirit of an Unsung Hero in school sport.



Mr Carolan won the Unsung Hero of School Sport Award.

Congratulations to all award winners.

Mrs C Hill
Teacher of PE and Dance

Student Sporting Success



Congratulations to Mackenzie Z (11C CQN) who was successful in her trial to join the **London Mavericks Netball 'U18 Futures Programme'**.

London Mavericks play within the Netball Super League, the UK's top level, elite netball competition. Each year, national trials are held for new players to join their affiliated pathways. Through Mackenzie's success in her trial, she enters into 20-week London Mavericks training programme with a select squad of other girls from across the country. By making the 'Futures Programme', Mackenzie now has the chance to join 'Performance Pathway' and in turn the professional London Mavericks squad.

This achievement cannot be understated, with Mackenzie not just making the 'Futures Programme', but making the 'A' squad within this, all whilst playing alongside girls up to two years older than herself.

The PE department wish to extend a massive congratulations to Mackenzie, and we all look forward to seeing how her netball career progresses over the coming seasons.

Mr J Ferguson
Teacher of PE

Yr 7 Art Enrichment



Year 7 Art students concluded their creative journey this summer with a special enrichment project. Inspired by the theme of conservation, and working with recycled materials kindly donated from home, they experimented with collage techniques to produce a rich variety of imagery. The result is an impressive large-scale artwork, now proudly displayed in the school atrium for everyone to enjoy.



Developing Character

For the two weeks between 22/09/25– 03/10/25, the character focus is on the Nobelian virtue of being **EMPATHETIC**.

The Character Conundrum for the fortnight 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 2 – EMPATHETIC

Alfie has lots of friends and is seen as one of the popular people in school as he gets on with everyone. One day he is with a small group of his friends, and they go into a local shop. The gentleman behind the counter has a thick accent and, on the way out, one of Alfie's friends makes a comment that the man should learn to speak English properly. Alfie is appalled but doesn't want to lose friends and his friend did say that he only meant it as a 'joke'.

What should he do?

Support

How young people are seen within their peer groups is incredibly important to them. Often, they just want to fit in – even in the face of such blatant and completely unacceptable behaviour. What if the other friends don't back him up and take the side of the other student? Do they have a strong enough character to stand up to them and understand that these are exactly the type of people that are not good friends – or indeed good human beings?

Questions

- Can you identify the moral dilemma in this situation?
- What would you do?
- Is there ever a situation where making comments like this is acceptable – even as a joke?
- Would you be worried about what the other friends would think or how they might react?
- How would it make the shopkeeper feel if he had heard the comments?

The advertisement for GCSEPod features the ASCL (Association of School and College Leaders) logo and the GCSEPod logo. It includes a row of small icons representing different subjects. The main headline is "SUPPORT YOUR CHILD ON THE PATH TO SUCCESS". Below this, it states: "Your child's school has invested in the award winning resource, GCSEPod, to help your child reach their goals! Join the thousands of parents encouraging their children to use GCSEPod to support learning, homework and revision." There are three callout boxes: "I have 14 formal lessons, weekly revision and 1000s of resources for my child. It's brilliant! My child is doing so well! They have a GCSEPod account." "The GCSEPod app and website are brilliant! My child is doing so well! They have a GCSEPod account." "The GCSEPod app and website are brilliant! My child is doing so well! They have a GCSEPod account." Below these are five bullet points: "Proven to increase results", "19 exam mapped subjects", "Available online and offline", "Audio visual content", "Builds confidence", and "Use on the go, anytime, anywhere". At the bottom, it says "HOW TO LOGIN" and lists four steps: "1) Go to www.gcsepod.com and click LOGIN", "2) Click NEW HERE? GET STARTED!", "3) Enter your child's details and confirm the name of the school they attend", and "4) Create a username and password". The footer includes the website "GCSEPOD.COM", email "INFO@GCSEPOD.COM", and phone number "0181 333 7000".

Developing Character

For the two weeks between 06/10/25– 17/10/25, the character focus is on the Nobelian virtue of being **CURIOUS**.

The Character Conundrum for the fortnight 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 3 – CURIOUS

Katie has always enjoyed looking at how things work. When something breaks at home, she and her father often take them apart to see if they can fix them and recently, she has been considering whether she would like a career as an electrical engineer. With the work experience week fast approaching, she has seen an opportunity to join a local firm in this field, but her two close friends have opted for work experience at a local primary school as, even though they aren't interested in this as a career, they would be together. There is one more place available at the primary school and her friends say she should take it so they can 'doss about' all day together.

What should she do?

Support

Often students only have a short-term view of the world around them. They live for the moment and leaving school seems a long way away when, in reality, it will creep up on them. They need to plan ahead, investigate potential careers and setting their sights on a focus is a pressing matter. The issue here is that Katie can spend time with her friends, which will make the week fun, but will ultimately mean she is passing up the opportunity to broaden her knowledge of this potential career and may possibly miss out on making some important contacts within this industry.

Questions

- Can you identify the moral dilemma in this situation?
- What do you think Katie should do now?
- Would you prefer to spend time with your friends but would this be the most sensible decision?
- Have you been in a situation where you have had to decide between spending time with friends or doing something more important?
- What do you think her friends would say if Katie said that she was going to the electrical engineering work experience instead

The image is a screenshot of the GCSEPod website. At the top, it says 'How to support your child using GCSEPod' with the GCSEPod logo. Below this is a row of small icons representing different subjects. The main heading is 'What is GCSEPod?'. The text explains that GCSEPod is an award-winning expert in Subject Knowledge, providing 3-5 minute bursts of audio-visual, teacher-written learning which can help to reinforce and consolidate key GCSE topics covered in lessons. It also mentions that experts read and explain everything clearly, including all the right facts, quotes, keywords, dates and diagrams on screen. Below this is a section titled 'Tips & Tricks' with five bullet points: 1. 'Watch whenever & wherever! Ask your child to download some Pods to their mobile device, this way they are free to expand their knowledge wherever they go.' 2. '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.' 3. 'Use Revision! 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.' 4. 'Mixing Cards! Watch the Pods and then together write key facts, dates, diagrams and quotes. Then test their knowledge to see how much they remember.' 5. '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.' Below the tips is a section titled 'Does your child know they have access to GCSEPod?'. It explains that if a son or daughter has 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, they should follow the 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. At the bottom, there is a dark bar with the GCSEPod logo, the website URL www.gcsepod.com, the email address info@gcsepod.com, and the phone number 0191 328 7830.

Warm regards

Mr N Brown
Assistant Headteacher

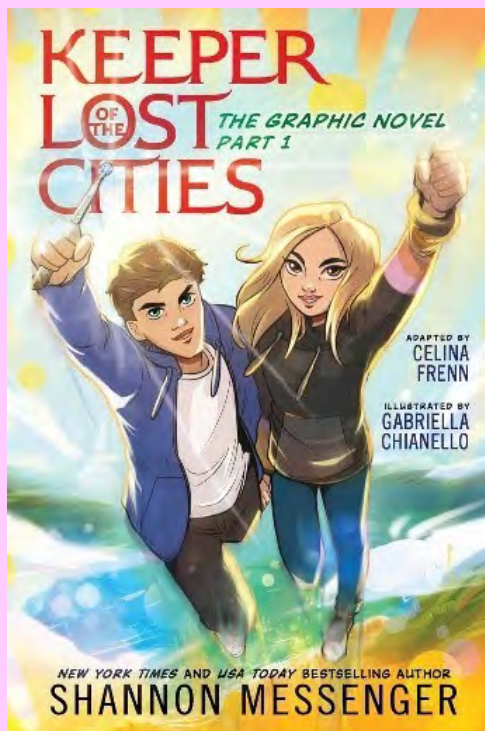
Design a poster competition

Thank you to everyone who has entered our competition and designed some fantastic and eye-catching posters that we have displayed to promote our book fair.



Well done to our winners Hamidah Year 9 and Teeyana Year 8 who have won some vouchers which can be used at the fair.

Book Review



I loved this book! It is wonderful and full of magic. The main character, Sophie, is a telepath and nobody knows until she meets a boy named Fitz. He can also read minds and comes from a mysterious place. Sophie must leave

home and start a difficult journey.

Overall, I liked the format, and the pictures were very detailed. It is part one (but part two does not get published until 2026) and you get left on a gripping cliffhanger at the end.

Penny Year 8



Our annual Scholastic Book Fair continues in the Nobel Library until Tuesday 30 September, open for our students during break and lunchtimes.

Please use this link to view a selection of the books that will be available to buy <https://bookfairs.scholastic.co.uk/bookcases/tt>

Books can be purchased either by bringing cash into school, or by purchasing Book Fair Gift Vouchers in advance, using the following link <https://bookfairs.scholastic.co.uk/gift-vouchers>

Alternatively, you can pay securely online here <https://bookfairs.scholastic.co.uk/pay/1434038>

Thank you for your continued support

Ms A Hawke
Librarian

Each week we have a
Genre focus
This week is Non Fiction



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 4 November

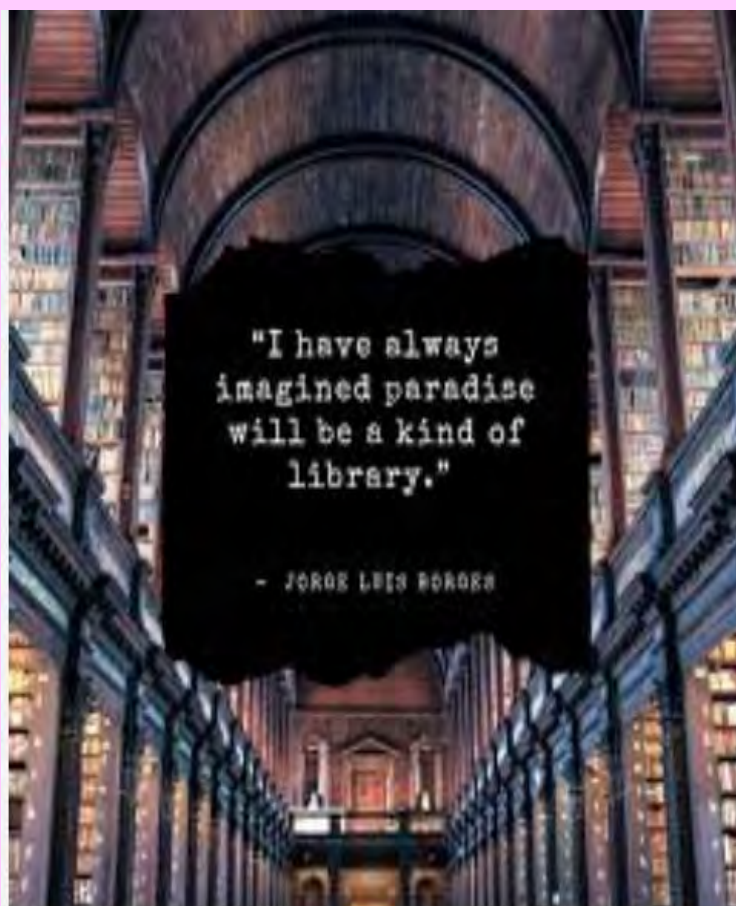
The books to read are:



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

Contact: Amanda Hawke:

01438 222600





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TALKING TEENS



Tuesdays 7.45 - 9.15pm Online Course ID: 778
16th, 23rd, 30th Sept, 7th, 14th & 21st Oct 2025

Thursdays 7.45 - 9.15pm Online Course ID: 777
6th, 13th, 20th, 27th Nov, 4th & 11th Dec 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 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 sessions are delivered weekly via Zoom.

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

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

Booking essential

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

07512 709 556

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: 779
17th, 24th Sept, 1st, 8th, 15th & 22nd Oct 2025

Wednesdays 7.45 - 9.15pm Online Course ID: 780
5th, 12th, 19th, 26th Nov, 3rd & 10th Dec 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.**

Our online sessions are delivered weekly via Zoom.

Groups are open to dads and male carers living, or with a child in school, in Hertfordshire.

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

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TALKING FAMILIES



Wednesdays 8.00 - 9.30pm Online Course ID: 774
17th, 24th Sept, 1st, 8th, 15th & 22nd Oct 2025

Thursdays 9.45 - 11.15am Online Course ID: 772
18th, 25th Sept, 2nd, 9th, 16th & 2rd Oct 2025

Tuesdays 8.00 - 9.30pm Online Course ID: 773
4th, 11th, 18th, 25th Nov, 2nd & 9th Dec 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 sessions are delivered weekly via Zoom.

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

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

Booking essential

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

07512 709 556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

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TALKING ANXIETY in TEENS



Tuesdays 7.45 - 9.30pm Online Course ID: 776
16th, 23rd, 30th Sept, 7th, 14th & 21st Oct 2025

6, weekly sessions for parents and carers of children aged 12-18, supporting you to:

- **Understand why young people and adults get anxious.**
- **Develop strategies to handle anxiety in yourself and others within your family.**
- **Recognise the early signs of anxiety and be able to avoid escalation.**
- **Reduce stress and tension.**
- **Encourage resilient behaviour and strengthen relationships in the family.**

Our online sessions are delivered weekly via Zoom.

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

"This course has helped us massively. We are responding so differently, and it's really helping us to cope day to day."

Booking essential

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

07512 709 556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

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TALKING ANGER in TEENS



Tuesdays 7.45 - 9.30pm Online Course ID: 776
4th, 11th, 18th, 25th Nov, 2nd & 9th Dec 2025

6, weekly sessions for parents and carers of children aged 12-18, supporting you to:

- Understand why children and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger and be able to avoid escalation.
- Reduce conflicts and arguments.
- Encourage positive behaviour and strengthen relationships in the family.

Our online sessions are delivered weekly via Zoom.

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

'I am not ashamed to say that their anger used to scare me. I now feel able to cope with it, and even help. I am much more confident, thank you so much!'

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

07512 709 556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

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

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TALKING ADDITIONAL NEEDS



Wednesdays 9.45 - 11.15am Online Course ID: 770
17th, 24th Sept, 1st, 8th, 15th & 22nd Oct 2025
Delivered online using Zoom

Wednesdays 8.00 - 9.30pm Face-to-Face ID: 771
5th, 12th, 19th, 26th Nov, 3rd & 10th Dec 2025
Venue TBA
Watford

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 709 556

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 Autumn Term 2025

FREE to parents and carers living in Hertfordshire

TALKING TEENS

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

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



Tuesdays 7.45 - 9.15pm
16th Sep - 21st Oct
Online Course: ID 778

Thursdays 7.45 - 9.15pm
6th Nov - 11th Dec
Online Course: ID 777

TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged **11-19**, supporting you to:

- Understand why children and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.



Tuesdays 7.45 - 9.30pm
4th Nov - 9th Dec
Online Course: ID 775

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children **2-19**, with any additional need. Your child does not need a diagnosis.

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Increase your child's resilience.
- Manage different needs in your family.



Wednesdays 7pm - 9pm
5th Nov - 10th Dec
Course ID 771
Watford, venue TBA

Wednesdays 9.45 - 11.15am
17th Sep - 22nd Oct
Course ID 770

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.



Wednesdays 8.00 - 9.30pm
17th Sep - 22nd Oct
Online Course ID 774

Thursdays 9.45 - 11.15am
18th Sep - 23rd Oct
Online Course ID 772

Tuesdays 8.00 - 9.30pm
4th Nov - 9th Dec
Online Course ID 773

TALKING ANXIETY in TEENS

6, weekly sessions for parents and carers of children **12-19**, supporting you to:

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety.
- Reduce stress and tension.
- Encourage resilient behaviour.



Tuesdays 7.45 - 9.30pm
16th Sep - 21st Oct
Online Course ID 776

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.



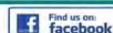
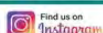
Wednesdays 7.45 - 9.15pm
17th Sep - 22nd Oct
Online Course: ID 779

Wednesdays 7.45 - 9.15pm
5th Nov - 10th Dec
Online Course: ID 780

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 Autumn 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](#)

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.

Tuesday 23rd September, 9.30-11.15am

Workshop SL781 book via Eventbrite:

<https://www.eventbrite.co.uk/e/asd-adhd-responding-to-anger-781-for-parentscarers-in-herts-registration-1413258727899?aff=oddtcreator>

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.

Monday 13th October, 7.30-9.15pm

Workshop SL782 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-782-for-parentscarers-in-herts-registration-1417376895449?aff=oddtcreator>

SCHOOL AVOIDANCE



- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child and look after yourself.
- How to work with your school in your child's best interests.

Monday 10th November, 7.30-9.15pm

Workshop SL783 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance783-for-parentscarers-in-herts-registration-1417463965879?aff=oddtcreator>

TECH USE



- Keep your child safe online.
- Help your child to switch their device off.
- Support behaviour difficulties when playing.
- The effect of using devices as a reward or consequence.
- Teach children to develop their own methods of regulating device use and staying safe.

Monday 24th November, 7.30-9.15pm

Workshop SL784 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-784-for-parentscarers-in-herts-registration-1417436894909?aff=oddtcreator>

Follow us on:



Contact via:

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

Funded by Hertfordshire County
Council's Targeted Parenting Fund



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<https://www.supportinglinks.co.uk/whatson.html>