

From the Headteacher

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

We began this month with our Student President and Vice President proudly representing the school at the Stevenage Remembrance Day service on Sunday 9 November. It was my first Remembrance service as Headteacher, and I was extremely proud of our students and our community for the way we came together to honour this important occasion.

This month has also seen a wide range of enrichment opportunities for our students, there was a theatre trip to A Streetcar Named Desire, thank you to the English Department taking the sixth form students to this. Our Nobel Notes choir performing at the Royal Albert Hall. This was an incredible opportunity for so many of our students. My thanks go to Mrs Shakespeare for her organisation and to Mr Hardy, Mrs Munday and Mrs Campion for supporting and the evening.

The school has once again demonstrated its commitment to supporting others, raising a significant amount of money for several charities. An impressive £1,000 was donated to Macmillan Cancer Support through contributions from staff, students, and parents, thank you to everyone who took part. Our fantastic sixth form volunteers have also been busy raising money through the sale of our pre-loved uniform and were recently able to present a cheque for £1500 to Stevenage Community Trust. Representatives from the trust came into school and expressed their gratitude explaining that this donation will be used to support families in need in the run up to Christmas. Well done to our charity leads and all those involved in these fantastic achievements.

We recently held our annual *Meet the Form Tutor* evening, during which parents had the chance to meet with tutors for a more extended conversation about their child's attitude to learning, strengths, and areas for further focus.

This is always an important event for us, as it provides a valuable opportunity for parents to connect with the staff who see their child every day and to work together on ensuring their continued progress.

At the *Meet the Form Tutor* evening, we shared a parent survey. I am pleased to share some headline results below:

- **“The school lets me know how my child is doing”**: 97% strongly agree or agree
 - **“My child feels safe at school”**: 98% strongly agree or agree
 - **“My child can take part in clubs and activities”**: 95% strongly agree or agree
 - **“Students are well behaved”**: 90% strongly agree or agree
 - **“Concerns I raise are dealt with appropriately”**: 34% reported having no concerns to raise; of those who did, 90% strongly agree or agree
- “I would recommend this school to another parent”**: 96% strongly agree or agree

These results are extremely encouraging and reflect the hard work of our staff and students. However, they also highlight areas where we can continue to improve, particularly around our communication strategy. Over the next term, I will be working with the SLT to ensure clearer communication pathways and timelines. We will be in touch again next term with follow-up questions as part of our commitment to listening to parents and gathering feedback from all stakeholders.

Nobel News

28th November 2025
Edition 14.3



From the Headteacher continued

Our Year 9 Options Evening was also a great success, giving parents and students the chance to explore the broad and balanced curriculum we offer at Nobel and the many pathways available. We start the process of interviewing all year 9 students from next week.

A reminder that tomorrow is our Occasional Day. We hope this provides a well-deserved break, especially for our Year 11s who have been working hard on their mock examinations. Practical exams continue next week, and I would like to say well done to all Year 11 students for their effort and focus so far.

As we move into the festive season, I encourage all students to reflect on what they are grateful for and to continue showing what it means to be *Ready, Respectful, and Safe in our Pursuit of Excellence*. I look forward to seeing students finish 2025 positively and purposefully.

**Best wishes,
Rav Phagura
Headteacher**



Speakers of French, German, Spanish? Looking for volunteers!

If you are a speaker of French, German or Spanish and would be able to come into school to support our GCSE and A-Level students with some conversational work, we would be delighted to hear from you.

Kind regards,

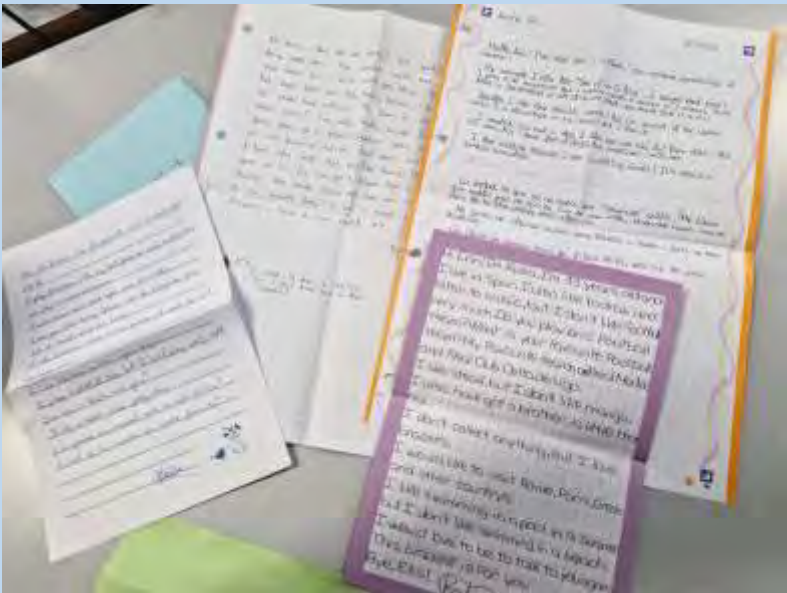
Mr J Kay
Head of MFL
James.kay@nobel.herts.sch.uk

Spanish pen pals!

45 of our GCSE and A level Spanish students have been working hard this month writing bilingual letters to their new Spanish penpals from a school in Sanxenxo, Galicia (Northern Spain).

The students were excited to receive their letters earlier this month in this cultural language exchange and have been eager to practice their reading and writing skills in Spanish.

The department are proud of the efforts students have put into writing their letters and producing amazing pieces of Spanish writing.



Miss M Perez
Head of Spanish

Current House ABC Points Totals

17 November	House	ABC Points
1st	Curie	16702
2nd	Eliot	14928
3rd	Teresa	14434
4th	Mandela	12836

MFL Celebrates Success

On Thursday 23 October, the MFL department were delighted to invite some of our incredible language learners this half term, and their families, in for a celebration breakfast with certificates which were presented by Mr Kay.

We would like to congratulate each of the students nominated for their outstanding work and attitude to learning last half term. We look forward to celebrating the future successes of all our students.

Students Awarded :

Spanish

- Octavian Dediu
- Mason Wanstall
- Khloe Woodley
- Adam Ahammad
- Phoebe Field
- Zachary Walker
- Kimran Panesar
- Chevelle Agyapong
- Mason Brown
- Otto Perry
- Amelie Mackenzie
- Lacey Haggerty
- Will Allardyce
- Mia Haydon
- Mark Kazaura
- Nancy Goodchild
- Thea Myles
- Connie Hawke

French

- Kaylee Vorndran
- Ada Hasoglu
- Sina Moradian
- Grace Lee
- Penny Chastell
- Richard Garcia
- Amina Sadiq
- Isla Elliot
- Leo Stoltmann
- Momin Ulhassan
- Matthew Jackson
- Roberta Chastell

German

- Letticia Kindereviciute
- Kaian Sealy
- Lily Coles
- Dominic Allardyce
- Grace Gover
- Wendy Yu
- Tyler Havard
- Amelia Ingram
- Adewale Adekanye
- Bobby-Allan Horn
- Mia Berry
- Poppie Grant-Richardson
- Turner Goodridge



Spanish



French



German

Mr M Goggins
Teacher of Languages

This term FONS have agreed to support the following resources to support pupils at Nobel.

- Year 7 - House points trophy
- Music - Money towards a coach for Youth Proms at the Royal Albert Hall
- PE - Funding for new table tennis table
- Science - New fractionating tower
- D of E - Two new tents
- World Challenge - Mini bus costs and 2026 World Challenge T-shirts

The fundraising that we engage in through the year supports these contributions.

For information on our 100 club contact Jodie - jlaingseattle@gmail.com

Upcoming dates

Monday 26 January - FONS meeting
Tuesday 24 February - FONS meeting
Monday 27 April - FONS meeting
Tuesday 16 July - FONS meeting
Monday 6 July - FONS meeting

Our meetings are held in the school library at 7pm.

Watch out for future events to be added soon.

Kind Regards
FONS Committee

Dates for your Diary

- School Occasional day—Friday 28 November (school closed to students)
- Yr 13 Parents Evening—Wednesday 3 December
- Yr 10 Panto - Wednesday 10 & Thursday 11 December
- Christmas Concert - Thursday 18 December
- Last day of term—12.20pm finish for students—Friday 19 December
- CHRISTMAS HOLIDAYS - 22 December - 2 January
- Independent Study day (Students to work at home) - Monday 5 January
- School starts for all students - Tuesday 6 January



Royal Albert Hall Choir Trip



On Monday 10 November the school choir went on a trip to the Royal Albert hall to the 'Music for Youth Prom Concert.

Some of the feedback from the parents and students who attended the trip is below:

"I am writing to appreciate your consistent and clear communication with parents throughout the Choir trip. Knowing that our children were in good hands and hearing the updates made a huge difference. Thank you for being such an incredible teacher to Adewale and Esther and all the students. Your passion for music is truly inspiring!"

"I just wanted to say a big thank you for yesterday's trip. Rose had such a fantastic time and will carry that wonderful experience with her forever. My husband and I also really enjoyed the evening, it was a great experience for all of us. I know how much time and effort goes into organising these trips, and we're so grateful for the extra work and care you put in to the choir. Thank you again for everything you do."



Performing at the Music for Youth proms this year was truly inspiring and great fun!

I really enjoyed seeing other young musicians perform, it was beautiful to see the different variety of groups and bands that exist in the UK. We were also sat in the central arena so we could feel the music in our bodies especially when the Japanese drumming band and brass bands performed. Commissioned by the BBC Ten Pieces, we performed 3 songs with over 1000 other musicians which was so cool! Overall, it was such a magical event to watch and be a part of. This is my second year in which I have taken part in the BBC Music for Youth proms, and I am hoping to take part next year too."

Hannah Creighton Yr 12

"The Music For Youth Prom concert at the Royal Albert Hall was honestly one of the most special and absolutely magical experiences I've ever had. Standing there, surrounded by so many amazing young musicians and bands, made me feel part of something so much bigger. There was this incredible sense of energy and connection everyone there shared the same love and passion for music. It *confirmed my opinion that music isn't just a little hobby, but an art that should be held on to, improved, and can be used to create amazing things, feelings, and connections.* That night really reminded me how powerful music can be and it left me feeling inspired to keep creating, performing, and holding on to that feeling every time I play."

Adewale Adekanye Yr 9



Year 10 King's Trust – Tesco World of Work Tour

On Tuesday 18 November 2025, Year 10 students studying the King's Trust qualification enjoyed an exciting visit to the Tesco Head Office in Welwyn Garden City for a 'World of Work' tour.

After being welcomed at the "Check-out" building by representatives from both Tesco and the King's Trust, students made their way to the "Pear" building, which served as their base for the day. On arrival, they were greeted with chocolate pretzels, cookies and generous goodie bags. Tesco kindly gifted each student and member of staff a bag containing a notebook, stationery, chocolate, a water bottle, an advent calendar and more.



Highlights of the day:

Products that made the most money last week – the day began with an interactive discussion about Tesco's highest-earning products from the previous week. Belle and Ollie correctly guessed that milk topped the list, generating an impressive £5 million in sales.

Behind the brand – students learned about the range of brands that sit within Tesco's Home and Clothing departments, including F&F Clothing, F&F Home and Paperchase - recently acquired by Tesco. This session also explored the variety of job roles within these departments.

Meet the team – careers carousel – through a series of quick-fire presentations, students heard from employees working in Merchandising, Product Development and Marketing. Staff shared insights into their roles, what they enjoy most and their individual career journeys.

Designing a trend – a talk from Tesco's creative team inspired students to design mood boards predicting Christmas trends for 2026. They explored colour palettes, consumer preferences and themes using magazine cut-outs. Mohammed and Patrice's designs were selected as the winners and awarded prizes.



Lunch – students then visited the "Heart" building, home to Tesco's exclusive on-site Tesco Express. After choosing a meal deal, they were given a tour of the area - including a glimpse of employees enjoying a lunchtime football match.

Career Pathways and Apprenticeships – in the afternoon, students explored the opportunities available through Tesco's apprenticeship programme. Tesco is currently ranked among the top 20 apprenticeship employers in the UK, offering apprentices the chance to earn while they learn, starting on a salary of £23,000. Students also heard from a former apprentice and asked questions about their experience.

Skills for Success Workshop – the day concluded with an interview skills workshop focused on using the STAR model (Situation, Task, Action, Result). Students then took part in role-play interviews to practise applying these techniques.

The trip was a wonderful opportunity for our students to develop important employability skills and engage with a large enterprise within the local area. This experience related to both the 'career planning' and 'customer experience' units.

Mr R Carolan
Vocational Quality Lead



Duke Of Edinburgh News

Celebrating Achievement: Silver Duke of Edinburgh Award Holders Honoured at Celebration Lunch



I was privileged to celebrate with parents, Miss Phagura and key DofE staff, the success of our Silver DofE Award holders during an incredibly delicious lunch just before the half term.

These students juggled their Year 11 studies with dedicating time and energy towards completing their Silver DofE Award. Arguably, the sectional requirements of dedicating an hour a week towards volunteering, improving a skill and physical activities helped focus their physical and mental health during the challenges that Year 11 brings - but every single student used the demands of the Award to their advantage. In addition to these skills, students were also trained under the expertise of Mrs Field in what I deem 'life skills' but are a training requirement of the expedition section of the Award.

Our students were taught and demonstrated across their expeditions that they knew how to:

- respond in a range of first aid scenarios
- work successfully in a team (even when the situation they are in is outside of their comfort zone)
- assess risks,
- navigate using an old fashioned map and compass
- be self reliant without the need of technology or parents!

It's so lovely to see our students flourish as they develop in confidence throughout their Silver Award. I am privileged to see many of them progress onto completing their Gold DofE Award this year and lucky to be working with our DofE Student Leaders, many of which also come from this group of determined and motivated students.

Congratulations to all 21 Silver Award Holders.

Joscelyn	Ives
Serena	Smith
Emily	Wright
Amber	Fraser
Bea	Gray
Mujtaba	Mughal
Florence	O'Brien
Max	Sutton
Bethany	Allardyce
Kacey	Tolmie
Isobel	Renvoize
Olivia	Chalkley
Eve	Farmer
Jessica	Jones
Olivia	Kemp
Lily-Rose	Blake
Blake	Artesani
James	Evans
Lucas	Murko
Aubrey	Murray
Flynn	Walters

Miss L Steele
DofE Coordinator

Inter Form Football Results

Each term at Nobel, a sports competition is held between the different forms in each year group. For the first half term of the year, it was football! Each year group had a tournament, over the space of a week, to find out which form could win the trophy and the bragging rights. Over the half term, over 500 students took part, braving wind, rain and a wide variety of temperatures.

First up was Year 7. With some incredible support from their form tutors, well over 140 Year 7 students came to take part. Each form played a minimum of two games, and then the finals were played on the last day. Any draws led to the nail biting penalty shoot outs. It was lovely to see the older students supporting the lower years cheering them on. Congratulations to Mandela's 7M JFN for winning the overall CUP – worthy winners of a VERY close competition. Special mention goes to Luke Smith for some outstanding goalkeeping, and Jake Elliot for a screamer of a goal in the final. The Shield final was won by Curie's 7C MTE.

They were followed by Year 8. This had some extra interest amongst the players, due to the fixtures throwing up some grudge matches – where teams were playing teams that had knocked them out last year. Mandela's 8M BLO won the Shield, following an epic comeback in the tournament after a shock loss in their opening game. However, the overall Cup winners were Eliot's 8E MFJ – with a star performance by David Aruxendei carrying them to victory.

Thirdly came Year 9. A range of different tactics were on display here, ranging from the "all out attack" of some forms to the "park the bus" defence favoured by others. Special mention has to go to Mandela's 9M JTL, who knocked out both last year's winners and runner's up, after finishing last themselves the previous year. They were unfortunately beaten in the Cup final by Curie's 9C RCN, with Mandela's 9M CHD winning the Shield final.

Finally it was the turn of Year 10. Year 10 had specifically asked to be included in the inter-form sports, and they did not disappoint. Some very tight matches were settled on penalties, and scores were settled from previous years. Last year's champions, Curie's 10C MGS were knocked out in the semi-finals to finish third, meaning the final would be contested by Mandela's 10M JDT and Eliot's 10E BPX. 10E BPX came away victorious, with a 4-0 victory inspired by Zane Byron-Hudson.

Well done to all the teams and players involved – the new half term's sport of Netball is well underway, and has already produced some outstanding play.

Mr B Philcox

Year 7 Inter-Form Football

Year 7 Cup (1st-4th place)

1st – 7M JFN

2nd – 7C TRE

Joint 3rd – 7E JBH and 7T DMY



Year 7 Shield (5th-8th place)

5th – 7C MTE

6th – 7T MGT

7th – 7E VLA

8th – 7M BVG



Year 8 Inter-Form Football

Year 7 Cup (1st-4th place)

1st – 8E MFJ

2nd – 8M JSN

Joint 3rd – 8T LTL and 8C TST



Year 7 Shield (5th-8th place)

5th – 8M BLO

6th – 8C ACN

7th – 8E RME

8th – 8T AHY



Year 9 Inter-Form Results

Year 9 Cup (1st-4th place)

1st – 9C RCN

2nd – 9M JTL

Joint 3rd – 9E RSR and 9T RSI



Year 9 Shield (5th-8th place)

5th – 9M CHD

6th – 9E ECP

7th – 9T CWT

8th – 9C RPD



Year 10 Inter-Form Results

Year 10 Cup (1st - 4th place)

1st – 10E BPX

2nd – 10M JDT

3rd – 10C MGS

4th – 10T KWY



Year 10 Shield (5th - 8th place)

5th – 10M EHO

6th – 10T NFD

7th – 10E ARD

8th – 10C AMY



Careers

On the 12 November, Morgan Clarke from ETEC group presented to the year 9's about climate change and the careers that are on offer in this company. ETEC are a local construction company who are working with the local council in building new homes in Stevenage.

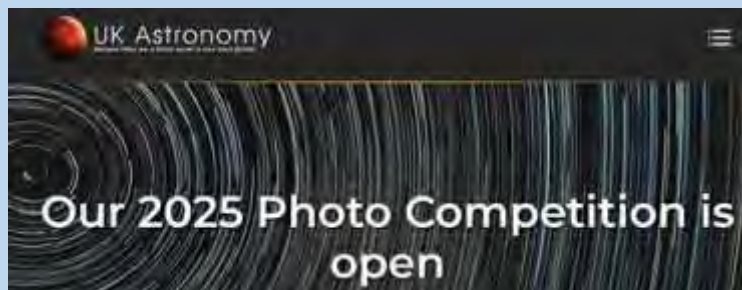


Morgan also discussed what ETEC do to reduce the carbon footprint, such as all of their company cars and plant machinery are electric or hybrid vehicles, they source local materials and reduce the number of imports and all materials on site are recycled or reused.

It was interesting in learning about how the subjects we offer at both GCSE and A level at Nobel, such as Geography, Science and Sociology, can lead students into that field and further education opportunities. Green Careers such as a Sustainability Manager who guides an organisation's sustainability efforts and minimising environmental impact, or a Renewable Engineer who designs, implements, and maintains renewable energy systems in an organisation.

Miss J Savo
Assistant Careers Coordinator





The UK Astronomy photo competition is an annual event which runs from January till the end of November each year. It is completely free to enter. The idea is to get you out looking up, trying different things, learning and having fun. The competition is **only open to UK residents**. Only one photo entry per person is permitted.

Each category is chosen to make it more fun and so there's something for everyone from the professional to the amateur to enjoy! Entry will be by completing an entry form at the website address below. Once approved, your photo will then appear in our competition gallery. Our panel of team members will then select 12 winning photos. Winners will receive a UK Astronomy calendar with their photo featured on one of the months for the next year.

https://www.ukastronomy.org/photo_competition.php

This year we will also award Nobel house points for each entry from Nobelians (parents, students, staff!) Simply send a link to your photo to Miss Pearson (amy.pearson@nobel.herts.sch.uk) when it appears on the gallery website.

Student Entries:

https://www.ukastronomy.org/photo_competition_gallery.php?year=2025

Bethany Staples (Yr 8), has entered a photo into the competition.

Science Department

Student Science News

Over the summer holiday I applied to STEMPOINT to be part of their student program and was selected to run part of a project to investigate the effects of purification of liposomes by ultracentrifugation for intranasal mRNA delivery. This was part of a PhD programme and held at University of Hertfordshire and I was joined by 6 other A Level students from across the South East.

I spent my time synthesising liposomes using microfluidics and then centrifuging them before they were analysed, using dynamic light scattering and gas chromatography. It was determined that as time in the centrifuge increases, particle size decreases. Ethanol has a larger density than the liposomes so, they experienced a greater centrifugal force, causing more to fall through the membrane, lowering the particle size of the mixture. The lower particle size is ideal for this project because the goal of centrifugation is to purify the liposomes by removing the excess ethanol. Overall, this means that as particle size decreases, there is less ethanol present in the mixture, meaning that the liposomes are purer.

The project had other elements to it, however, ultimately, it revealed the potential for PEGylated liposomes to be ideal carriers in intranasal mRNA delivery due to its improved stability, prolonged circulation time, and enhanced mucoadhesion.



I really enjoyed being given the independence to carry out my own tasks in a lab and would definitely recommend this opportunity to others!

Roxy George
Yr 13

Youth Ambassador Programme

Empowering Young Voices for Wellbeing!

We're thrilled to announce that our school is taking part in the **Youth Ambassador Programme**, in partnership with **WithYOUth, The Sandbox, and Just Talk!**

This exciting project gives our students the chance to **lead the way in promoting wellbeing** across our school community. Youth Ambassadors will work creatively and collaboratively to make a real difference — not only in our school but in shaping mental health support for young people everywhere.

What's It All About?

- The Youth Ambassador Programme empowers young people to:
- Promote positive mental health and wellbeing in school
- Work alongside local organisations to create change
- Lead creative projects that inspire and support their peers

Creative Challenges Each Term

Each term, Ambassadors will receive a **new creative brief**, along with resources and support to help them:

- Design and deliver activities that promote wellbeing
- Get involved in campaigns and events
- Develop leadership, teamwork, and communication skills

A Big Thank You

A huge thank you to all the teachers and staff supporting our Ambassadors — and to the students stepping up to be wellbeing champions!

Together, we're building a school culture where everyone feels supported, heard, and empowered.

Who are our Student Ambassadors:

Olivia Allen, Roshaan Rehman, Connor Sculpher, Melissa Aruxandei, Lorelai Radulescu, Neve Heller, Kiera Martin, Olivia Frost, Nancy Griffiths .

Kind Regards

Mr D Camp
Director of Alternative Provision

Nobel U13 Girls Shine at the Utilita Girls Cup Despite Stormy Conditions

On Friday 14 November, the Nobel U13 girls football team travelled to the FA County Ground in Letchworth to compete in the Utilita Girls Cup U13. Battling through the fierce wind and rain brought on by Storm Claudia, the girls showed incredible resilience, teamwork, and determination throughout the tournament.

Over the course of five matches, the team secured three hard-fought draws and experienced two narrow losses. One of the standout performances of the day came from goalkeeper Alanna Keene, whose exceptional shot-stopping and series of remarkable saves kept Nobel competitive in every game.

This tournament marked an important milestone for the squad, as it was the first time our Year 7 and Year 8 players competed together as a new team. Despite the challenging conditions and their limited time playing side-by-side, the girls approached every match with energy and enthusiasm, gaining valuable experience that will serve them well in the season ahead.

A very big thank you goes to Elise and Sydney in Year 12, who kindly came along to manage the team and coach the players throughout the tournament. They were both exceptional—supportive, positive, and brilliant role models for our younger students. Their guidance made a real difference on the day.

With plenty of league fixtures and cup competitions on the horizon, the players will take what they've learned from this tournament and build on it as they move forward. Their positive attitude and perseverance, especially as they played soaked through by the relentless weather, were truly inspiring.

We are incredibly proud of every member of the team for their effort, spirit, and refusal to give up. Girls' football continues to grow and thrive at Nobel, and we train every Wednesday after school. New players of all abilities are always welcome to join us.

Team

Alanna Keene (GK) (Captain)

Layla Chumbley

Rebecca Jackson

Evie-May Ince

Mollie Manning

Ellie Paternoster

Alex Randall

Olivia Poppy

Elise Murariu

Mrs J Saville
Teacher of PE



Arsenal Ladies vs Chelsea Ladies

Nobel students part of the 56,000 people who watched Arsenal vs Chelsea Ladies at The Emirates Stadium

On Saturday 8 November, 40 Nobel students and Mr Carolan, Ms Waites, Mr Ferguson and Miss O'Reilly travelled to The Emirates Stadium to watch the Arsenal Ladies vs Chelsea Ladies in the next instalment of the Women's Super League. This was an incredible opportunity for our students to be inspired by professional women footballers at a world class stadium, many of whom were part of the Lionesses squad who retained the Women's Euros title in the summer.



We had fantastic seats in front of one of the goals, just a few rows back from the side of the pitch.



In-front of us were the Sky Sports presenters, leading the punditry and analysis for the game which was being televised. The students were overwhelmed with the up-close, superb view we had of the whole pitch.

Right from the 12pm kick off, the away team were the dominant side with several chances.

Chelsea player

Alyssa Thompson made it 0-1 with a moment of individual quality, using her pace to break beyond the Arsenal midfield, playing a one-two with Johnna Rytting Kaneryd and clipping a delightful finish over Arsenal goalkeeper Daphne van Domselaar.



With Chelsea more dominant in the first half, the game was more even in the second, with Arsenal having some fantastic chances. Frida Maanum produced an inch-perfect cross to find Alessia Russo at the backpost and her volley was too much for Chelsea goalkeeper Hannah Hampton, much to the delight of the elated crowd. The game finished 1-1.

Throughout the trip, both in the stadium and travelling up to London, the students showed exemplary behaviour showing true Nobelian qualities. This was particularly important as it was incredibly busy with 56,537 spectators in attendance. Further to this, our students were exceptionally respectful during the Remembrance ceremony at the start of the game.



It was an absolute pleasure to take the students to London, which for some of them, was their first time in London, let alone watching a professional women's football game. My thanks go to Mr Ferguson, Ms Waites and Miss O'Reilly and Mrs Munday for all her work behind the scenes to prepare for the trip.

Mr R Carolan
Trip Leader
Teacher of PE

Nobel achieves Centre of Excellence status!

The PE Department are delighted to announce that The Nobel School has been recognised as a Centre of Excellence for our Sports Leadership programme.

The achievement marks a significant milestone for the school, which has been working on embedding the development of these essential skills into its curriculum. The Centre of Excellence title was launched in 2023-24 by the Leadership Skills Foundation and is presented to organisations that demonstrate a deeply held commitment to developing essential leadership skills in their learners to help them prepare for work and for life.

This is a wonderful accomplishment, with only 37 centres selected for the 2025-26 academic year from the 2,500 plus that the Leadership Skills Foundation works with annually.



To be considered, centres must adhere to a comprehensive list of criteria, including: a commitment to effective leadership practices, pathways for leadership throughout the school community, fostering a positive school culture, implementing innovative leadership strategies and maintaining high standards of learner performance.

We currently offer an official qualification to Year 12 students where they receive Level 3 certification and 16 UCAS points on completion. Younger students in the school are selected for a range of opportunities including Girls Cricket Leaders, Football Activators and support the Stevenage Sporting Futures Team with a range of events across an academic year. As well as this Nobel students have supported disability festivals and led sporting sessions to Lodge Farm children.

We've already seen so many incredible impacts of the programme, whereby one student grew in confidence so much over the course that is led to a successful work experience placement. Further to this, our wonderful leaders gave over 850 volunteering hours within school and the local community.

We are incredibly proud of our provision and to be recognised is testament to the hard work of our Nobelians.



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

20 under 20 Recognition

Congratulations to Abigail T (Yr 12) who has been recognised as part of Apex 360's new 20 under 20 initiative.

This is where 20 inspiring young people under the age of 20 have been recognised for making a difference in coaching, volunteering, or leadership within sport and physical activity. The qualities of the nominated candidates are:

- **Enthusiasm**
- **Passion & Energy**
- **Good Communication Skills**
- **Reliability**
- **Trustworthiness**
- **Knowledgeable**
- **Leadership Skills**
- **Adaptability**
- **Resilience**
- **Eagerness to learn**



Abigail attended a celebration event and she will now be mentored by the Apex 360 team which includes Dr Darren Moss (UK Coaching and FA) to support her in her coaching pathway. This will include work placements and coaching qualifications to enable her to progress in her chosen area of coaching.

You can hear how Abi achieved this award and the work she has been doing below. It has fantastic that Abi has brought this high level of leadership to the current cohort completing the Level 3 Sports Leadership qualification.

Well done Abi!

Mr R Carolan
Teacher of PE

I started with the Herts Disability Sports Foundation in Year 10 when I did my work experience with them. I absolutely loved the team and the work and so carried on volunteering with the Disability squad at Stevenage. The main aim of the foundation is to encourage people with disabilities to participate in sport. This is done by offering accessible sports tailored to each individuals needs, including adaptable bikes, bell boating, wheelchair basketball and many more.

Abigail T
12 CML

Student Sporting Success

Congratulations to Harry (10C AMY) and Joshua (7C TRE) who continue to make fantastic progress in Rifle Shooting. On Saturday 8 November, they entered the British Shooting Schools Rifle Championships - Intermediate Sporter and Junior Sporter (East of England region) held in Norwich.

- Harry finished first place Intermediate Sporter with a gold medal.
- Joshua finished third place Junior Sporter with a Bronze medal.
- Harry and Joshua joined another Hertfordshire student from Freman College and entered as a youth team in the same category and achieved a Silver medal win as a team.
- A further youth team also formed with students from local Stevenage schools and achieved a Bronze medal as a team.

Both teams have now qualified for the National Finals held on Wednesday 4th of February 2026 at Chase Leisure Centre.

Further information about their achievements can be found at the following link: <https://britishshooting.org.uk/article/3019>



This is a wonderful achievement and we look forward to hearing how the boys get on at the National Finals. Well done Harry and Joshua!

Mr R Carolan
Teacher of PE

Congratulations to Pablo (10C AMY) who has recently represented Table Tennis England at this Home Nations international event in the category above his age range as he played Juniors instead of Cadets.

First was the team event where Pablo as part of a 2 players team excelled throughout and won the Gold medal. The subsequent events were the doubles and the individual competitions, in which Pablo also brought success home with two Silver medals.

Further information can be found within the following article: [https://](https://www.tabletennisengland.co.uk/home-nations-success-for-england/)



www.tabletennisengland.co.uk/home-nations-success-for-england/

We look forward to hearing if Pablo is selected by the England Table Tennis National Team to represent England at the European Youth Championships that will take place in Portugal next summer.



Mr R Carolan
Teacher of PE

Student Sporting Success



Congratulations to Elana (9E RSR) who has continued to experience success with her Watford FC side who play in the Junior Premier League.

On Saturday 15 November, her team played Arsenal FC in the next round of the cup, which finished 3-3 at full time. This resulted in the game going penalties and Watford won 4-3, meaning Elana and her team progress to the next round. This will take place on Saturday 13 December against West Ham.

Elana and her JPL All-Stars representative team has also done very well in their fixtures. Beating Birmingham city 3-1 and London City Lionesses 3-2.



Mr R Carolan
Teacher of PE

Basketball News

Congratulations to the Senior Basketball team who started their 25-26 season with a 53-30 win versus St Christopher's School.

With many students from last year's squad leaving for college or university, the team have been training hard to rebuild to a position where they can challenge for the District League Trophy.

With a win in their first game, the season is off to a good start. Well played to all the boys involved.

Most Improved Performance: Delan G.O.

Most Valuable Player: Louie N



Netball News

Congratulations to Mackenzie Z and Lauren D as they represented the 'Hertfordshire A Squad' in a recent tournament against 5 other local county teams.



Both girls played exceptionally well in multiple short, high intensity matches where the quality of play was at a very high level. This tournament formed their first fixture in association with the London Mavericks Futures Pathway squad that they successfully trialled to join during the summer. Keep up the great play girls!

Mr J Ferguson
Teacher of PE



Developing Character

For the two weeks between 24/11/25– 05/12/25, the character focus is on the Nobelian virtue of being **RESILIENT**.

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 6 – RESILIENT

Sam loves reading and when she finds a book she likes, she can hardly put it down. Her favourite lessons in school are the reading library lessons in school however recently she overheard some of her peers talking about people who ‘actually read’ using terms like ‘bookworm’ and ‘nerd’. Her friends get any old book and pretend to read but Sam would really like to spend the time doing something she enjoys. Should she read as she would like, or should she do the same as her peers and just pretend?

Support

Young people really only want to fit in. Where students are perceived as different or having unusual interests, this can open them up to ridicule or teasing. Of course, the students should use their time productively (and there is plenty of evidence to show that improving your reading skills raises achievement across the board) however, young people tend to focus on the here and now rather than long term goals. The added element here is that Sam actually wants to do something else because she enjoys it – the key is, does she have the strength of character to opt for her own choice, or does she just follow the crowd?

Questions

- Can you identify the moral dilemma in this situation?
- What would you do in Sam’s place?
- Do you think his peers will start teasing him and does this make them good friends?
- Do you ever do the same as others just to fit in?
- Should Sam chose to do what he wants regardless of what his friends want?

The advertisement for GCSEPod features the ASCL logo at the top left and the GCSEPod logo at the top right. Below the logos is a row of small icons representing different subjects. The main headline reads "SUPPORT YOUR CHILD ON THE PATH TO SUCCESS". The text below 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: a purple one on the left about exam preparation, a red one in the middle about revision, and an orange one on the right about learning. Below these are five bullet points: "Proven to increase results", "19 exam mapped subjects", "Available online and offline", "Audio visual content", and "Builds confidence". To the right of these points is an image of a laptop and a tablet displaying the GCSEPod interface. At the bottom, there is a "HOW TO LOGIN" section with 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, 4) Create a username and password. The footer contains the website URL www.gcsepod.com, an email address info@gcsepod.com, and a phone number 0161 333 7030.

Developing Character

For the two weeks between 08/12/25– 19/12/25, the character focus is on the Nobelian virtue of being **POLITE**.

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 7 – POLITE

Matt has a healthy number of friends, and it considered one of the 'in crowd'. When they walk around school, everyone wants to be seen with them. One day, he is sitting with his male friends, and they start to talk about some girls nearby, which they fancy and who they would like to go out with. The conversation develops and one of his friends starts to talk about the girls sexually in very explicit terms and now loud enough that the girls can hear him. Matt is really uncomfortable, but all the other boys are laughing at the comments. What should he do?

Support

Although, in the past this may have been considered harmless banter or just larking about, this type of misogyny is completely unacceptable, regardless of whether the girls can hear the boys or not. Nobody has the right to make someone else feel uncomfortable or be spoken about like an object. The boys in this situation clearly do not consider the girls' feelings, are probably unaware that this type of sexual objectification is indistinguishable from sexual harassment, and it should never be tolerated. Matt obviously understands this but does he have the confidence to point this out to his friends and expect better of them?

Questions

- Can you identify the moral dilemma in this situation?
- Have you ever heard misogynistic language? Is it ever acceptable?
- How would you feel if you heard similar comments about a female in your family?
- Does it matter whether the girls heard the boys or not?
- How do you think that it makes the girls feel?
- Have you ever been in a situation where you have had to stand up to other people?

Warm regards

Mr N Brown

Assistant Headteacher

The screenshot displays the GCSEPod website's guidance for parents. At the top, it says 'How to support your child using GCSEPod' with the GCSEPod logo. Below this is a row of colorful stick figures. The main heading is 'What is GCSEPod?', followed by a description of the platform as an award-winning expert in Subject Knowledge. A 'Tips & Tricks' section lists five bullet points: 1. 'Watch it continuously offline!', 2. 'Use the Playlist!', 3. 'Use the Playlist!', 4. 'Use the Playlist!', and 5. 'Use the Playlist!'. At the bottom, there is a section titled 'Does your child have their own account to GCSEPod?' with instructions on how to create an account. The footer contains the GCSEPod logo, email address 'info@gcsepod.com', and phone number '0191 336 7830'.

The results are in!

Our year 7 students all voted for their favourite book from a choice of 16 fantastic titles. Here is the top 5 as voted for by the students.

Copies of all of the 16 books are available for any of our students to borrow.

The clear favourite is *'The Nine Night Mystery'* by Sharna Jackson with 54 votes.



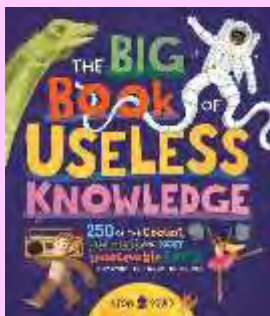
A page-turning, fast-paced, twisty murder mystery packed with epic reveals, red herrings and sharp, real, funny teen dialogue, perfect for fans of Robin Stevens and the Lizzie and Belle Mysteries, from the award-winning author of High-Rise Mystery and The Good Turn.

Next is *'The Girl Who Couldn't Lie'* By Radhika Sanghani with 30 votes.



A fresh, funny story about white lies, brutal honesty and a bangle with special powers, from award-winning journalist and author Radhika Sanghani.

Closely followed by *'The Big Book of Useless Knowledge'* with 29 votes.



An encyclopaedia of mind-bogglingly random facts that will lodge in your brain and refuse to leave.



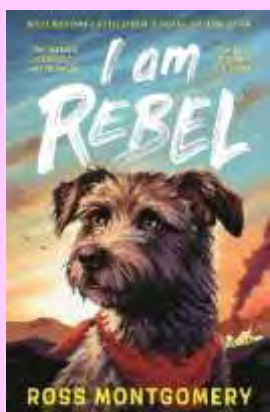
Library News

Only 2 behind is 'Stitch Head: The Graphic Novel' by Guy Bass with 27 votes.



The first book in the best-selling, laugh-out-loud STITCH HEAD series by award-winning author Guy Bass, with illustrations by Pete Williamson, now brought to almost-life again in this brand-new, monstrously magnificent graphic novel edition.

In position 5 is 'I am Rebel' by Ross Montgomery with 21 votes.



A heart-warming adventure about the unbreakable bond between a dog and his human from a beloved and twice Costa-shortlisted author.

CHILDREN'S BOOK AWARDS (CBA) OVERALL WINNER 2025

WATERSTONES BOOK OF THE YEAR 2024

BOOKS ARE MY BAG READERS AWARDS WINNER 2024

THE CARNEGIE MEDAL NOMINEE 2025

SHEFFIELD CHILDREN'S BOOK AWARD 2025

FCBG CHILDREN'S BOOK AWARD 2025

November has been a very busy month in the library with lots of books on display. We have been exploring themes of Remembrance and highlighting UK Parliament Week.

National Non-Fiction November is an annual event created by the Federation of Children's Book Groups, to promote the reading of factual books.

The theme this year is 'Past Puzzles and Timeless Treasures,' so we are promoting books which explore history, archaeology, historical mysteries and legends, historical places and objects.

As Wicked: For Good is so hugely popular currently, we have a display in the library 'All Things Wicked.' We have the classic 'Wizard of Oz' books as well as the lovely Complete Collection by L. Frank Baum.



**Mrs A Hawke
Librarian**



Winter Reads

Complete your free Winter Reads challenge for a chance to win an iPad!

Open to all ages

You set the challenges. You set the pace.

Starts: Saturday 1 November

Ends: Saturday 31 January

Join the challenge at your local library

Scan the QR code to check out our exciting programme of events.



OverDrive

Borrow Box



www.hertfordshire.gov.uk/WinterReads



Each week we have a
Genre focus
This week is Romance



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

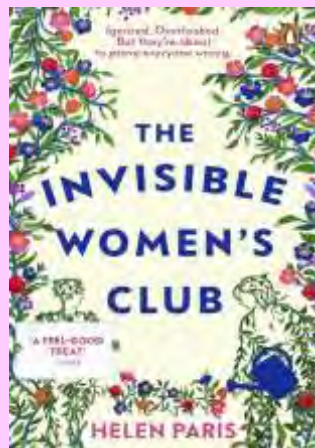
Sparx Reader

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 13 January 2026.

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

“That’s the thing about
books. They let you
travel without moving
your feet.”

JHUMPA LAHIRI



EXAM STRESS

COFFEE MORNING

KEEP
CALM

MONDAY 8TH DECEMBER

Nobel School

in the Library at 11:20am
For

Parents coping with their
teenager's exam stress!

Need help with your
Teenagers exam stress,
concerns and difficulties
drop in for tips and
guidance from
Mr Camp at our
Coffee Morning.



Ensure your child has the support they need to have a stress free exams experience.

- Tutor support and guidance
- Peer collaboration and learning
- A quiet, focused environment
- Use your revision timetable
- Improved academic performance
- Make the most of your study time

DON'T
STRESS

DSPL2

FAMILY NETWORK EVENTS



10–12pm Tuesday 25th November 2025

Pear tree Spring Primary School

10–12pm Tuesday 17th March 2026

Moss Bury Primary School

10–12pm Tuesday 16th June 2026

Pear tree Spring primary School

No booking required

Find out about
local services

Meet other
families

Advice and
support

Herts Mind
Supporting Links
Step 2 Skills
Phoenix
Angels
ADDvance
Family Centre
Messy Minds
Tracks
Lending Space
Home Start
SET Family Support Workers
Well Being Junction
Herts Parent Carer Involvement



 01438 233900

 dspl2@peartreespring.herts.sch.uk

Christmas Pamper & Shopping Event

29TH NOVEMBER, 10AM - 4.00PM
HAMPSON PARK COMMUNITY
CENTRE, STEVENAGE

FAMILY FRIENDLY & ACCEPTING
GIFT DONATIONS FOR THOSE
LESS FORTUNATE

Who said Christmas shopping
had to be stressful?!

Indulge in relaxing treatments
AND do all of your shopping in
just one day.

Full list of stalls,
treatments and info -
[facebook.com/groups/
wellbeingpamperevening](https://facebook.com/groups/wellbeingpamperevening)

FREE
ENTRY



FEMALE PLAYERS WANTED FOR 2025/26

School Year 9 - September 2025

Bedwell Rangers FC are a Stevenage-based club, looking to add players to their established U14 Phoenix side for the upcoming season.

Games are in the Herts Girls Football Partnership League on a Saturday, and training is on a Thursday evening.

Please contact Jason - 07854 284571 if you would like to come along to a taster session



@bedwellrangersfc



willow

special days for seriously ill young adults

A huge thanks to the Nobel School on your fundraising efforts through your concert! You have raised an amazing, £837.43

This will help to provide more bespoke Special Days for seriously ill 16-40 year olds.

Thank you



“ Having my Special Day to look forward to was so important to me, but for my girls it signalled normality, excitement and joy during the most difficult time of their lives. Willow gave us an amazing family weekend away that was full of non-stop laughter and smiles. ”

Sarah, 34, living with breast cancer

Willow, Gate House, Fretherne Road, Welwyn Garden City, Hertfordshire AL8 6NS
T. 01707 259 777 E. info@willowfoundation.org.uk W. willowfoundation.org.uk

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 & 2nd 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
16th 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 3-19, 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.

