

## From the Headteacher

Dear Parents, Carers and Member of the Nobel Community,

December has been an incredibly busy and exciting month at Nobel, with so many wonderful moments to share.

I would like to thank Ms Taylor for organising a visit from our local MP, Kevin Bonavia, who came into Nobel to speak with our politics students. Our students asked thoughtful and challenging questions, and it was fantastic to provide them with the opportunity to engage directly with a public representative.

Our Christmas Nobel Notes choir also visited Lister Hospital to perform for patients, helping to lift spirits during the festive season. Thank you to Mrs Shakespeare for organising this meaningful experience.

I would also like to thank Mr Dutt and Mrs Lambert for organising the Reverse Advent Calendar. This initiative enabled Nobel to donate over 1000 items to the local food bank, demonstrating the generosity and compassion of our school community during the festive season.

Last week, our GCSE students performed a brilliant pantomime of *Aladdin* for around 1000 primary school children followed by another performance for parents and staff. The production was a huge success, and I would like to thank Mrs Parsley for all the time, effort, and dedication that went into bringing the show together.

We were also treated to a wonderful Christmas Concert, showcasing a wide range of student talent and truly getting us into the festive spirit. Thank you to Mrs Shakespeare and Mr Hardy for organising the event, and of course to our students, whose commitment to rehearsals and performances was evident throughout the evening.

Yesterday, we enjoyed one of our busiest-ever Christmas dinners, with over 500 festive meals served while staff and students donned their Christmas jumpers. Thank you to Mr Rumble and his catering team for their tremendous efforts. The students thoroughly enjoyed the celebrations.

We ended today by attending our church service with Years 7, 8, and 9. It was a lovely way to end the Christmas break and to watch our students perform in the choir and nativity. A particular highlight was the participation of staff member's babies, who played the role of baby Jesus!

As I reflect on my first term at Nobel, I would like to thank our staff, parents, and students for such a warm welcome into the community. It has been a pleasure to see our students rise to the challenge of our pursuit of excellence and respond positively to raised expectations. This is something we will continue to build on moving forward.

I kindly ask for your continued support in ensuring that students return in January ready to learn in correct uniform, so that we can start 2026 in a positive way. For our Year 11 and Year 13 students, the focus now shifts firmly towards preparation for their upcoming examinations.

As we switch off for the Christmas break, I encourage our students to reflect on the opportunities available to them and the support around them, while also making time for rest and for the people who matter most. Whatever your plans this Christmas, I wish you all a wonderful break and hope you are able to enjoy quality time together and be present for one another.



**Best wishes,  
Rav Phagura  
Headteacher**

# Science News

## Chemistry update:

This term year 10 have been studying the Quantitative Chemistry topic, one which many find challenging, but not 10C1! They did an excellent job of creating solutions of food dye which show increasing concentration by varying the volumes of dye and water.




In Chemistry Olympiad Club, we took a break from studying Olympiad past papers to build molecular models (molemods) of some of the compounds found in Christmas trees. I challenged the students to build alpha-pinene and then its optical isomer, a molecule with the same structural formula but a different arrangement of atoms in space. See if you can spot them!



Mrs Anna Redmond  
Head of Chemistry

*Aroma Chemistry*  
**THE AROMA OF CHRISTMAS TREES**




**BORNYL ACETATE**

FORMULA  
 $C_{15}H_{26}O_2$

CLASS OF COMPOUND  
Ester

ABOUT  
Found in volatile oils of conifers, particularly silver pines and balsam firs, and has a clean, pine-like odour. The use of silver pines as Christmas trees has declined, but balsam firs are popular in the United States.




**ALPHA-PINENE**

FORMULA  
 $C_{10}H_{16}$

CLASS OF COMPOUND  
Terpene

ABOUT  
Alpha-pinene has a turpentine-like odour, and is found in volatile oils of many different species of pine tree. It has two enantiomers; one is more common in European pines, the other more common in North American pines.




**BETA-PINENE**


FORMULA  
 $C_{10}H_{16}$

CLASS OF COMPOUND  
Terpene


ABOUT  
An isomer of alpha-pinene, beta-pinene is a major compound emitted by forest trees. It has a fresh, woody, turpentine-like smell. Both pinene isomers are flammable, hence why pine cones & Christmas trees burn well.




**OTHER COMPOUNDS**




LIMONENE




MYRCENE




CAMPENE



$\alpha$ -PHELLANDRENE



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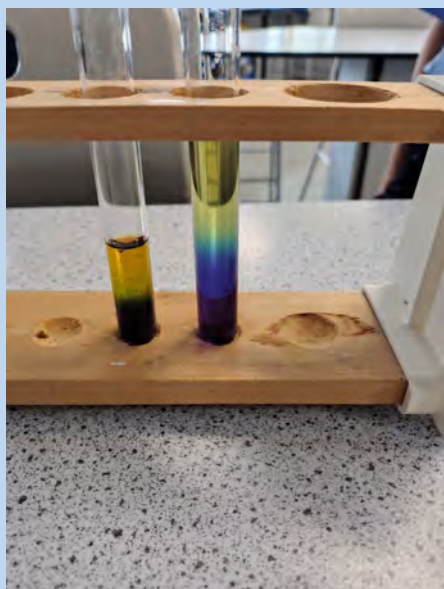


## KS3 Science club

We have been holding our KS3 science club on a Tuesday lunch time.

Students have been able to do experiments such as elephants toothpaste (we didn't manage to hit the ceiling this year), plant cuttings, looking at how plants grow towards the light (phototropism), static electricity, chromatography, rainbow fizz and many other exciting opportunities to explore science.

Spaces are available in the new year for those interested in joining in.



Rainbow Fizz Test!

**Mrs T Royle**  
Science Teacher

## Science News



The Year 11 triple science class carried out an experiment with eggs to test and minimise impact forces.

The science students did a really good job and analysed the results they got. Well done!

**Head of Science**  
**Miss Amy Pearson**



The flame test!

## Current House ABC Points Totals

15 December 2025	House	ABC Points
1st	Curie	21245
2nd	Eliot	19835
3rd	Teresa	19020
4th	Mandela	17028

## MFL Christmas Card Competition

This year the MFL department proudly launched their fourth annual Christmas card competition. We were delighted to receive many wonderful entries across all year groups in a variety of languages. Students all received multiple house points for their fantastic efforts. Students were able to submit a handmade design to us in any language that was not English. Many of the students who produced cards in community languages were also extremely proud to describe Christmas traditions from their culture which we enjoyed hearing about. We are delighted to announce the following winners of the competition:



**1<sup>st</sup>: Isla Brooke 9C RPD**



**2nd: Summer Brown  
10 MGS**



**3rd Kevin Manaila  
7T COA**

**Miss M Perez-Lotcho  
Head of Spanish**

## Science Celebrates Success

Well done to the students who were awarded certificates at the recent Science Awards who have been the most improved over the start of the term.



**Miss A Pearson  
Head of Science**



## FONS News

For information on FONS please email

Kym : [kymarthur@btinternet.com](mailto:kymarthur@btinternet.com)

For information on our 100 club contact Jodie -

[jlaingseattle@gmail.com](mailto: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



## School Admissions Consultation 2027/28 - Barnwell School

We have been asked to pass on details of a consultation being undertaken by Barnwell school to reduce their PAN (the number of students they admit each year) from 240 to 210, from September 2027.

Schools are required to consult with the local community, including parents in neighbouring schools. Details can be found on Barnwell's website, and you can respond directly to them via [communication@barnwell.herts.sch.uk](mailto:communication@barnwell.herts.sch.uk) until 23 January

We do not expect that this change will have any impact on Nobel.

Mr N Thomas  
Business Manager

## Dates for your Diary

- 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
- Yr 11 Parents Evening—Wednesday 14th January



# Nobel Network - Guest Speaker

## Nobel Network working in school

**Arti Odera, Senior Consultant, Lidl International  
Class of 2011**



We had the pleasure of welcoming Arti Odera to give an online presentation to our year 10 students on the 1 December. She talked with such enthusiasm to students about her journey since leaving Nobel and extremely useful advice about finding their future careers.

Arti described her time at school being pivotal in sending her off positively into the world but also spoke about how she didn't know what her long-term career aspirations were. She chose to follow her passion which was history and went off to Brunel University to start the next phase of her development. At university she developed her independence, her ability to budget, self-motivate and organise herself, skills that helped her to secure her first job.

What became clear throughout her talk was that while she picked up professional skills throughout her career – such as strategic thinking, stakeholder management and prioritisation, the real key to success was her building of positive relationships in each of her workplaces. Each new experience offered her the opportunity to build great relationships with people who subsequently offered her a step up on the ladder with bigger and more well-paid jobs. This also allowed her to continue her personal development throughout her career.

One of Arti's jobs was working in the House of Commons to promote it as an employer. Aside from MP's and their staff, the House of Commons has over three thousand staff that keep the organisation running, and it is run very much like a business. It has a remarkably diverse range of jobs including 'Clock Mechanics', whose role is to manually change the 2,000 clocks throughout the Palace of Westminster and across the Parliamentary Estate after daylight saving!

Some of the key messages from the presentation were:

- **Follow your interests:** It's fine not to know your lifelong career goal. Focus instead on following your passions, interests, and the things that you are good at.
  - **Do your research:** Many organisations have jobs that you might never have even heard of, so do your research and be open to these opportunities as you develop in the workplace.
  - **Keeping building on your skills:** Actively pick up as many skills as possible throughout your academic, personal and professional life. Learning never stops!
- Relationships are key:** Always try to build good relationships and work to the best of your ability. You never know who could give you the next opportunity.

We asked Arti what might make Nobelians successful in future job markets?

Getting a job after school or university can be tough. Think about companies like Lidl—their jobs often get **over 120,000 applications** every year! This means you have to find ways to make yourself completely different from everyone else. This difference is your **Unique Selling Point** (your 'special power').

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To build your special power, try to:

**1. Get hands-on experience:** Do different kinds of **work experience** and **volunteering**. This shows you can handle real jobs.

**2. Have a story:** When you talk to an employer, have **something interesting to say** that shows your personality and passions.

Employers look for skills they can't teach: **attitude and effort**. They want people with a **positive attitude**, who are **resilient** (meaning they bounce back when things are hard), and who are brilliant at working with others in a **team**. You can always learn job skills later, but if you start with the right mindset, passion, and willingness to learn, you will absolutely **stand out from the crowd!**

We were grateful for Arti giving up time on her day off and wish her every success as she enters her next phase of working for Lidl International in Germany.

**Mr B Burningham**  
**Nobel Network**

## Nobel Network - Guest Speaker

Ex Nobel Student Kieran Leigh talked to our year 9 students on Tuesday 2 December 2025 .



Kieran kindly talked to our students online about his journey from Nobel School to becoming a professional drummer and how he obtained a contract for Sony Music company.

He talked about his route through Nobel School and how he found it difficult to excel in all subject areas but took a particular interest in music. Kieran however reinforced the importance of working in all subject lessons and to do well in your core subjects. He also suggested that if you have a passion for something then follow that passion and eventually you will succeed.

Kieran followed his drumming passion at Nobel by performing in a Nobel's got talent show in 2007 where he showcased his excellent drumming ability. During his time at Nobel he really struggled with concentration in subjects because of his ADHD, however he progressed to the level where he is a professional session drummer mixing with people like Elton John and Sting.

So, with perseverance you can get there.

As Keiran states –

**Never Give in... Never Give up.**  
**No Dream is too big, scary or ridiculous**

WE would like to thank Kieran for giving up his time during a busy tour to talk to our Yr 9 Students.

**Mr S Howells**  
**Head of Character and Enrichment**



# Nobel Network - Guest Speaker

A Nobel network ex-student – Chris Day gave an online presentation about his work at Tesco.

Chris gave a very informative talk to our year 11 students about how he managed to move from school to his current career working as a software engineer manager for Tesco.

Chris managed to achieve his GCSE's and then went on to Study A 'level at Nobel School. This is his career pathway until present day –

## In a nutshell.

- **1995 – 2003** / The Nobel School A-Levels in Product Design, German, & ICT. A/S Level in Mathematics.
- **2003 – 2007** / University of Hertfordshire, BSc Multimedia Technology
- **2005 – 2008** / Xerox (industrial placement to graduate scheme)
- **2008 – 2010** / eChemist.co.uk
- **2010 – 2020** / Daymedia (running my own business)
- **2020 – 2024** / Financial services (Redburn, CGI, Floww)
- **2024 – 2025** / Tesco Technology (Supply Chain)

Chris impressed on the students that the following subjects were integral to what knowledge he requires to perform his role and get into the software engineer world -

- **Electronics** - Logical operators Programming is a *language*!
- **English** is Logical thinking
- **Mathematics** – you use formulae
- **Science** – you use Experimentation a large amount when trialling software



Chris Day pictured (on the left)

**In today's landscape you also require the following characteristics as opposed to subjects:**

1. Logical thinking
2. Creativity / problem solving
3. Focus / persistence
4. Empathy / understanding of business and user needs

**Chris's advice to you all would be –** to be open minded, and you'll be surprised at how many things help your personal development as an engineer!

The career pathways open to students in Tesco as a software engineer are –

- **Design / UX** Creating prototypes and visual designs
- **Engineering** - Designing systems, writing code
- **Product Management - Strategy** and vision

We would like to thank Chris for giving up his time to talk to year 11 and for guiding us through his career to now.

The year 11 students found the presentation quite thought provoking.

**Mr S Howells**  
**Head of Character and Enrichment**



# The Nobel School Careers Fair 2026

The Nobel School Careers fair will be on Monday 9 March 2026.

We are looking at building on the success we had at this year's careers fair so If you would be interested in representing your company at next year's event then please email :

[Lynsey.chalkley@nobel.herts.sch.uk](mailto:Lynsey.chalkley@nobel.herts.sch.uk) or [jemma.savo@nobel.herts.sch.uk](mailto:jemma.savo@nobel.herts.sch.uk)

Your help in making our Careers Fair bigger and better would be very much appreciated.

## Focus on Careers Education

### NOBEL SCHOOL CAREERS FAIR

**Monday 9th March 2026**



Plan your future - students from Years 9 - 13 are invited to browse stalls and talk to exhibitors from a wide range of industries and education providers to learn more about potential careers and the opportunities that are available.

This year's careers fair promises to be bigger and better than ever!

With almost 40 exhibitors expected to attend, across a wide range of employment sectors, we are giving more students the opportunity to benefit from the opportunity of a face-to-face conversation with a specialist in their area of interest.

The event will run from 9.00 am until 1.20 pm and each year group (from 9 - 13) will be given a time slot to attend.

We would ask parents to support us in encouraging their son/daughter to make the most of this annual opportunity and to seek out the exhibitors that may be of interest to them. Exhibitors usually bring lots of literature with them, but students should not be afraid to ask questions and, if appropriate, to make notes.

For those students in Y10, who have not yet secured their work experience placement for the summer, this is the perfect place to look for inspiration as you may find something you had not thought of before.

**Mrs L Chalkley**  
Careers Admin Assistant

## Cancer Charities mean a lot to Nobel

Cancer is a word that brings fear and uncertainty, affecting not only those diagnosed but also their families, friends, and communities. For many of us at Nobel, cancer is a very personal experience.

Between 2019 and 2021, both of my sisters were diagnosed with breast cancer and my dad with bowel cancer. These experiences led me to begin fundraising for cancer charities in 2021.

When I joined Nobel in January 2022, the school was already proudly supporting Macmillan. Sadly, cancer has touched many within our community, and this year we lost two much-loved colleagues, Rebecca and Brett, who are greatly missed.

Nobel has continued to support cancer charities through a range of fundraising events. This year alone, we raised £389 for Breast Cancer Now through a *Wear It Pink Day* and cake sale, and £1,000 for Macmillan during *Meet the Form Tutor Day*. Since fundraising began, nearly £2,500 has been raised for Breast Cancer Now, and almost £5,400 for Macmillan.



With almost 3.5 million people currently living with cancer in the UK, supporting research and care has never been more important.

In January, I will be taking part in the **Walk 62 Miles Challenge** to raise money for Cancer Research UK and help fund life-saving research.

If you would like to support this important cause, please visit my JustGiving page by clicking on the link [Claire's Giving Page](#) or scanning the QR code below.



Thank you for your continued support.

**Mrs C Walsh**  
**Exam's and Data Manager**



## Year 12 & Year 13 Enjoy a Festive Ice-Skating Trip

Our Year 12 and Year 13 students had a fantastic time at their annual ice-skating trip to Stevenage Winter Wonderland. This much-loved event is a wonderful chance for students to unwind, have fun, and celebrate the end of a very busy academic year.

From confident skaters to complete beginners, every student embraced the opportunity to get on the ice, give it a go, and enjoy themselves. Their enthusiasm and positive attitude made the day extra special.

The festive spirit was out in full force, with plenty of Christmas jumpers, Santa hats, and big smiles lighting up the rink. It was a joyful, laughter-filled afternoon that perfectly captured the magic of the season.

Merry Christmas, Year 12 and Year 13!

**Mrs J Saville**  
Head of Yr 12

















## Yr 11 'A Christmas Carol' Performance

On Tuesday 9 December, Year 11 students who are studying the 19<sup>th</sup> Century text: 'A Christmas Carol' ahead of their GCSE Literature exams were invited to attend a performance by Quantum Theatre.

Reading a text written close to two hundred years ago has its challenges, so students welcomed the opportunity to see their novella come to life as we followed Scrooge's journey to redemption.

The performance highlighted the novella's main messages, reminding us of key quotes and served as a timely reminder as we break for Christmas to follow Scrooge's final desire to "*honour Christmas in my heart, and try to keep it all the year.*"

**Miss L Steele**  
Teacher



# Duke Of Edinburgh News

## DofE Gold Award participants celebrate success

Our seven Year 13 Gold Duke of Edinburgh students have achieved outstanding success, demonstrating remarkable determination, leadership, and community spirit as they put the final touches on their Gold Awards.

Many of them have completed their entire DofE journey with us at Nobel—from beginning their Bronze Award in Year 9, to surviving the torrential rain on their Silver Qualifying expedition, to taking on the challenge of their residential section. They have also served as excellent role models, becoming DofE Student Leaders and supporting younger participants at the start of their own journeys. Each of these students has dedicated countless hours to volunteering and skill-building, showing what it truly means to persevere and grow even when it would have been easier to give up.

I can't wait to see photographs of them at the Garden Party at Buckingham Palace!

Gold students:

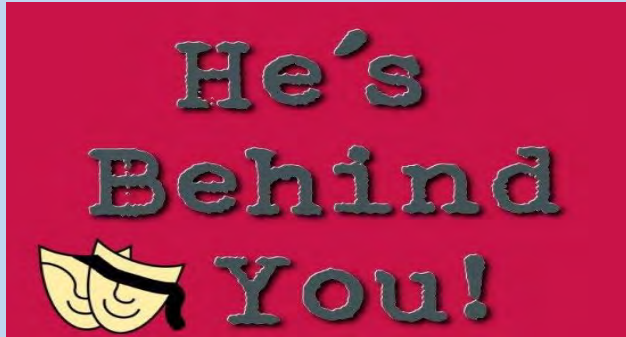
**Joshua Dwamena**  
**Harry Paraskevas**  
**Casey Louise Segura**  
**Lenny Shearing**  
**Ty Talbot**  
**Sonja Brits**  
**James Bland**

**Miss L Steele**  
**DofE Lead**





## Nobel Does Panto!



**Ms W Parsley  
Head of Drama**



## Aladdin Entertains - Oh Yes it does!!

It was panto time again at The Nobel school where the year 10 GCSE drama students presented the pantomime classic 'Aladdin' to packed houses of primary schools, from all over Stevenage. Following the traditional pantomime style there was plenty of villains to 'boo' and 'hiss' and heroes to 'clap' and 'cheer', Messy slapstick as well as lots of songs and dances.

Performing five times over two days to over 1000 primary students from Lodge Farm, Mossbury, Camps Hill, Martins Wood and St Vincents the energy and enthusiasm shown by the year 10's was incredible. They wowed everyone with their fabulous performances. Fully involving the young audiences and making sure that everybody had a fantastic time and were firmly in the festive spirit – oh yes they did!!!

Well done to all the students - you were a total credit to yourselves and the drama department.





The cast enjoyed it too:="

*"The joyous feeling you experience when you hear the cheering voices of the young audience is indescribable, it is like nothing that I have ever experienced. The panto has been incredible and a*

*time in which I have met amazing people and had an opportunity which was unforgettable."*

*"I loved doing the panto because it gave me the experience of performing but also, we got to see the enjoyment on the children's faces and make people laugh."*

*"Performing to the packed audience was amazing and to see their reaction and joy*

*made it such a great experience to take part in. I will never forget this experience - my favourite part was having the audience shouting and booing at us when walking on."*

*"Panto, for me, was a wonderful experience! It was amazing to perform in front of the audiences and has been amazing to work with everyone that was involved. My favourite part of panto was the slapstick scene – so funny. Panto has been an exciting and working with my other classmates which was the highlight of it all as they are all brilliant, amazing and kind people."*





# The Nobel Notes Choir

The Lister Hospital was delighted to welcome Nobel School Choir to sing for patients, staff and visitors on Friday 12 December.

We performed in main reception first of all, where we received a rapturous reception from staff, patients and visitors passing by. After that, we split into two groups and went to visit patients on the gastro, vascular and general surgical wards. Patients who find themselves in hospital over Christmas so appreciate the opportunity to hear some carols and Christmas music, especially when the performers are young people.

Many of the patients said how lovely it was to see the choir, and joined in with the well-known carols. There were also quite a few quiet (but happy) tears from those who were very moved by this gift of music from the pupils. For many in hospital, the fact that people who don't know them have come to the hospital to do something special to make them feel better can be both wonderful and a little overwhelming. The staff also appreciate these visits onto their wards, and they give everybody the chance to stand still for a few minutes and enjoy the spirit of Christmas together.

Jane the co-ordinator from the Lister Hospital said: *"on behalf of all the staff and patients, I would like to say a huge thank you to the pupils and staff of Nobel for taking the time and trouble to come and see us. We hope to see you again very soon!"*

We have also received email wrote from the public stating: *'I am emailing to say how much my husband and I enjoyed the carol singing from your pupils at the Lister hospital on Friday afternoon. It brightened up what was turning into a long afternoon of waiting for doctors, and results '*

Well done for all the pupils and thank you to Mr. Hardy, Mr. Farey and Mr. Willson's support!

**Mrs Shakespeare**  
Music and Drama Teacher



# School Games Girls Futsal Competition

Monday 1 December saw the annual School Games Girls Futsal Competition which was hosted at The Nobel School, led by the Stevenage Sporting Futures Team. This is an annual event which we love to enter as students enjoy participating in it.

Futsal is an exciting, fast-paced form of the game that originates in South America. Played on hard pitches with small-sided teams, Futsal places emphasis on technical skill in restricted spaces with a heavier ball.

Nobel entered teams for every age group with students competing from Years 7, 8, 9, 10 and 11 with 18 students in all competing. Students faced competition from the local Stevenage schools including Thomas Alleyne, Barclay and Barnwell. A highly competitive event led to fantastic Nobelian results, as follows:

U12 Girls Team 2<sup>nd</sup> place  
U14 Girls Team 3<sup>rd</sup> place  
U16 Girls Team 2<sup>nd</sup> place

This meant that all Nobelians received a medal. Stand-out results from each year group were as follows:

U12 9-0 win vs Barnwell  
U14 8-1 win vs Thomas Alleyne  
U16 2-1 win vs Barnwell

Well done to the following students:

**U12:** Emily-Jayne B, Erin C, Olivia P, Freya A, Eleanor B, Isla H, Alex R

**U14:** Rose A, Lucy B, Evie C, Janeisha C, Elana D, Evie P

**U16:** Isabelle H, Emily G, Ruby W, Lucie P, Evie D

You all showed true Nobelian qualities throughout and did yourselves and the PE Department proud.

**Mr R Carolan**  
Teacher of PE



**U12 Girls Futsal Team 2025—26**



**U14 Girls Futsal Team 2025—26**



**U16 Girls Futsal Team 2025—26**



## District X-Country

The district cross-country event on 11 November at Fairlands Valley, Stevenage brought together schools from across Stevenage and North Herts for a highly competitive afternoon of racing. With over 50 runners in each race, the standard was extremely high, but our students rose to the challenge brilliantly.



**Nicholas Skelton**

In the Year 8 boys' race, Nicholas Skelton delivered an outstanding performance, running with confidence and control to finish 3rd, securing a well-deserved bronze medal.



**Will Allardyce**

The Year 9 boys' team also shone collectively, finishing 2nd overall and earning another set of silver medals for the school. Their teamwork, consistency, and effort across the group were key to this fantastic result.

Despite early forecasts, the rain held off and conditions remained mild, making for more pleasant running than initially expected, and helping the athletes to perform at their best!

It was a brilliant afternoon of x-country, and all our runners should be incredibly proud of their achievements and commitment.

**Miss Chalkright  
Teacher of PE**





# Stevenage School Games Indoor Rowing Competition

Our students were absolutely outstanding at this year's indoor rowing event hosted by Stevenage Sporting Futures, showcasing incredible determination, teamwork, and school spirit from start to finish.

Competing against Thomas Alleynes Academy and Barnwell School, our athletes delivered exceptional performances, bringing home an impressive total of 33 medals; **15 gold, 14 silver, and 4 bronze**. Most students took part in both individual races and team relays, giving every ounce of effort and supporting one another throughout and many securing multiple medals each!

We couldn't be prouder of their hard work, resilience and the way they represented Nobel with such enthusiasm and pride.

**Mrs Camp**  
Head of PE





## Inter Form Netball Results

Each half term at Nobel, a sports competition is held between the different forms in each year group. For the second half term, it was netball. 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 300 students took part, braving wind, rain and at one point temperatures below 2 degrees!

First up was Year 7. With some incredible support from their form tutors, 102 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. It was lovely to see the older students supporting the lower years cheering them on – and special mention to the Year 10 students who gave up their lunch times to referee the games! Congratulations to Mr Gilbert's Teresa form (7T MGT) for winning the overall CUP – worthy winners of a VERY close competition dominated by the Teresa

forms. The Shield final was won by Eliot's 7E JBH.

### Year 7 Inter-Form Netball

#### Year 7 Cup (1<sup>st</sup>-4<sup>th</sup> place)

1<sup>st</sup> – 7T MGT

2<sup>nd</sup> – 7T COA

Joint 3<sup>rd</sup> – 7M JFN and 7M BVG



#### Year 7 Shield (5<sup>th</sup>-8<sup>th</sup> place)

5<sup>th</sup> – 7E JBH

6<sup>th</sup> – 7E VLA

Joint 7<sup>th</sup> – 7C TRE and 7C MTE



They were followed by Year 8. This tournament produced three forms that could not be separated – extra play off games had to be played – but it was dominated by Curie. Curie's 8C ACN won the Cup after demolishing every team they faced – special mention to their star Goal Shooter, Lily Coles. They won the final against 8C TST who reached the final after a dramatic comeback victory. The Shield was won by 8T AHY, who performed really well despite not being entirely sure of the rules!

### Year 8 Inter-Form Netball

#### Year 7 Cup (1<sup>st</sup>-4<sup>th</sup> place)

1<sup>st</sup> – 8C ACN

2<sup>nd</sup> – 8C TST

3<sup>rd</sup> – 8T AHY

4<sup>th</sup> – 8E RME



#### Year 7 Shield (5<sup>th</sup>-8<sup>th</sup> place)

5<sup>th</sup> – 8T LTL

6<sup>th</sup> – 8E MFJ

7<sup>th</sup> – 8M BLO

8<sup>th</sup> – 8M JSN



Thirdly came Year 9. A lower turn out in Year 9 meant some slightly adapted teams - special mention to both 9E RSR and 9T RSI who were able to field full teams. 9E RSR were eventually proclaimed the champions. Unfortunately, 9C RCN and 9T CWT both chose not to attend, meaning they will miss future tournaments.

## Year 9 Inter-Form Netball

### Year 9 Cup (1<sup>st</sup>-4<sup>th</sup> place)

1<sup>st</sup> – 9E RSR

2<sup>nd</sup> – 9T RSI

Joint 3<sup>rd</sup> – 9E ECP and 9M CHD

### Year 9 Shield (5<sup>th</sup>-8<sup>th</sup> place)

5<sup>th</sup> – 9M JTL

6<sup>th</sup> – 9C RPD

Joint 7<sup>th</sup> – 9C RCN and 9T CWT

Finally it was the turn of Year 10. Year 10 forms were combined together to make house teams, and it led to the formation of a very enthusiastic Curie side (mainly 10C MGS) against a highly skilled Eliot team. After two matches, Year 10 Curie emerged the winners.

## Year 10 Inter-House Netball

1<sup>st</sup> – CURIE

2<sup>nd</sup> – ELIOT

3<sup>rd</sup> – TERESA

4<sup>th</sup> – MANDELA



Well done to all the teams and players involved – next term the sports will be Basketball and Dodgeball – further information to be given to students after Christmas.

**Mr B Philcox**



## Year 7 Girls Football

On Wednesday 26 November, the Year 7 girls enjoyed a brilliant afternoon of football as they took on two opponents, Barnwell and Thomas Alleyne, showcasing skill, determination, and excellent team spirit throughout both matches.

The first game saw our girls claim an outstanding 5–0 victory over Barnwell. From the outset, the girls dominated possession and moved the ball confidently, creating chance after chance. Emily-Jayne Ball stole the show with an incredible performance, scoring all five goals. Her finishing was exceptional, and her energy in attack kept Barnwell under pressure from start to finish. Just as impressive was the defensive play; the back line stayed organised and committed, ensuring the team kept a well-deserved clean sheet over the 30-minute match.

Their second match, against Thomas Alleyne, proved to be a tougher test. After conceding an early goal in the opening three minutes, the girls found themselves 1–0 down, but their response was fantastic. Showing real resilience, they battled back into the game, with Amelie scoring a composed equaliser in the top left-hand corner. The momentum swung our way, when Isla scored the winning goal, putting us 2–1 ahead with six minutes to play. The girls held firm defensively and worked tirelessly to secure a well-earned victory.

**Miss Chalkright**  
Teacher of PE



## Student Sporting Success

### Call up for Hertfordshire Schools U16 County Football

Congratulations to Lucie (10E ARD) who continues to see great success within Football.

On Friday 12 December, she was invited to play up a year for the U16 Hertfordshire County team against Norfolk. Lucie was a key contributor in a fast-paced game which saw the team pick up a respectable 1-1 draw.

Lucie has continued impressing for her U15 Stevenage Borough Junior Premier League side where she has, again, been asked to play up a year for the under 16s. She was the U15 October player of the month and was also given goal of the month for October too!

We are incredibly proud of Lucie's achievements and the dedication and hard work she has put in to get there.



**Mr R Carolan**  
Teacher of PE

# Developing Character

Dear Students and Parent/Carers

For the two weeks between 05/01/26 and 16/01/26 , the character focus is on the Nobelian virtue of being **RELIABLE**.

*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 8 – RELIABLE

Suzy has been invited to the party of the year. Literally everyone who is anyone is going. The only problem is that, although her parents have said she can go, they have asked that she makes sure she is home before 10pm. On the evening, Suzy is really enjoying herself and would happily stay all night, but it is now the time to leave if she is going to make it home by the time her parents ask. She knows she should leave but her friends are begging her to stay saying ‘how much trouble will you really be in if you are a couple of hours late?’. What should she do?


## Support

Many students will just see this as a two-option dilemma - stay or go? However, there is a third option – ask. Frequently students think they know what the answer will be and therefore don’t want to ask the question. It is as if they feel that, if they don’t ask, then they aren’t actually disobeying, despite a clear boundary set in place previously. If Suzy is not going to ask her parents, then this boils down to how much she respects her parents and can she be relied upon and trusted to respect her parents’ wishes.


## Questions

- Can you identify the moral dilemma in this situation?
- Would you stay or go home?
- If she decides to stay out, does it make a difference whether she is 10 minutes late or an hour late? If you were a parent, would this matter to you?

- Would it make it worse if Suzy asked to stay longer, her parents said no but she stayed anyway?
- What would the impact be if she stays out and then has future parties she wants to go to?



### How to support your child using GCSEPod



#### What is GCSEPod?

GCSEPod is an award-winning expert in Subject Knowledge. We provide 3-5 minute bursts of audio-visual, teacher written learning which can help to reinforce and consolidate key GCSE topics covered in lessons.

Experts read and explain everything clearly including all the right facts, quotes, keywords, dates and diagrams on screen.

#### Tips & Tricks

- **Watch online or offline!** Ask your child to download some Pods to their mobile device, this way they are free to expand their knowledge wherever they go.
- **Create Playlists!** Use the My Playlist area to create bespoke playlists on topics that they may find challenging. Having a personalised playlist means your child has fast access to Pods that will help to fill in knowledge gaps.
- **Use Favourites!** Challenge your child to a favourite 10 Pods on topics they find difficult/challenging. Watch the Pods together and use one of our other suggested learning techniques to help simplify what it is they're struggling with.
- **Memory Cards!** Watch the Pods and then together write key facts, dates, diagrams and quotes. Then test their knowledge to see how much they remember.

**Top Tip\*** Turn it into a competition and reward your child for correctly answered questions. If you're stuck on what questions to ask your child then head over to our 'Quiz your Child' document.


- **Support Homework!** GCSEPod isn't just for revision, it's to help expand your child's subject knowledge. If your child is struggling with a piece of homework, you can search for the topic on GCSEPod and use the Pods as an additional resource.


#### Does your child know they have access to GCSEPod?


If your son or daughter have already activated their account, they simply need to log in with the username and password they've created.


If they've not yet activated their GCSEPod account, simply follow these simple instructions:

1. Go to [www.gcsepod.com](http://www.gcsepod.com)
2. Click **Login**
3. Click **New Here? Getting Started**
4. Ensure they've selected they are a **Pupil**
5. Enter their personal details as requested
6. Create a Username and Password



 **GCSEPOD.COM**

 **INFO@GCSEPOD.COM**

 **0191 338 7830**

conditolearning UK Ltd, 6 Charliffe Square, Rowcliffe upon Tye, WF14 3XF. Registered in England & Wales (registered number 05922951) VAT number: GB 936 2457 2



# Developing Character

For the two weeks between 19/01/26 and 30/01/26 the character focus is our Nobelian virtue of being **KIND**.

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 9 – KIND

Jemma is on her way home and she passes an elderly gentleman Mr Green who is struggling to carry his shopping from his car to his front door. He has usually been grumpy towards her, and she is in a bit of a rush to get home for her favourite TV programme – what should she do?

## Support

Most, if not all, students will identify that they should help the man and offer to carry his shopping for him, however, how many, hand-on-heart would actually do this? During our lives, there are multiple situations where we can all support or help those in need, but when it is a truly selfless act, and there is no benefit to us, often the situation passes us by, and we have failed to act. The added information about Mr Green being grumpy in the past could invoke a hesitation from some students and a notion of whether he *deserves* to be helped. It is societies duty to help those in need, not for weaker individuals to earn our support.

## Questions


- Can you identify the moral dilemma in this situation?
- Do you think you should help Mr Green? Would you actually offer though?
- Does it matter that he has been grumpy towards Jemma in the past?

- Should people only be offered our help if they deserve our help?
- Does Mr Green's age or gender make a difference? Why/why not?


Warm regards

Mr N Brown

Assistant Headteacher



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2. Click **Login**
3. Click **New Here? Getting Started**
4. Ensure they've selected they are a **Pupil**
5. Enter their personal details as requested
6. Create a Username and Password



GCSEPOD.COM    INFO@GCSEPOD.COM    0191 338 7830

# Library News



All year 7 students should now have received their Bookbuzz chosen book. Please speak to your English teacher or the librarian if you haven't received yours

As we look forward to the 'National Year of Reading 2026' we will be launching our very own challenge starting in the library in January.

More details to follow, but the theme will be 'Read the Rainbow.'



The Herts Libraries 'Winter Reads' challenge continues until the 31 January 2026, so still plenty of time to participate and get involved. (see the poster on the next page)

A massive thank you to everyone who has volunteered and helped in the library over this term. Your help is very much appreciated, and all of our library users benefit from everything you have achieved during breaks, lunchtimes and after school.

thank you  
thank you  
thank you

Ms 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](http://www.hertfordshire.gov.uk/WinterReads)



## Book Advent

*In the library this Christmas there has been a Christmas display up with a book advent.*

*This was a fun project that Eleanor and I took on during our time volunteering at the library every Tuesday after school. The Book Advent is a series of chosen books – inclusive of all types and genres- which we put together and then wrapped for every day of December before we finish school. We then decorated the display further, using tinsel, stickers and posters. It was an exciting and rewarding experience and it is so nice seeing our display up in the library for Christmas.*



***The library is open every break and lunchtime and after school:***

***Monday -Thursday: 3:05-4:15***

***Friday: 3:05-3:45***

*I would definitely recommend volunteering in the library. It is so much fun and includes many different tasks such as designing displays, making posters, and so much more all while spending time with friends. House points are also up for grabs too!*

*Come by and see the Book Advent display and look at the books on offer to see if there is anything you may like!*

***Sophia J 8E RME***





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

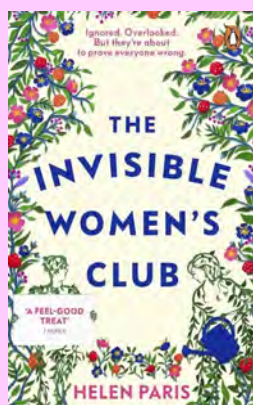
**Sparx Reader**

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.

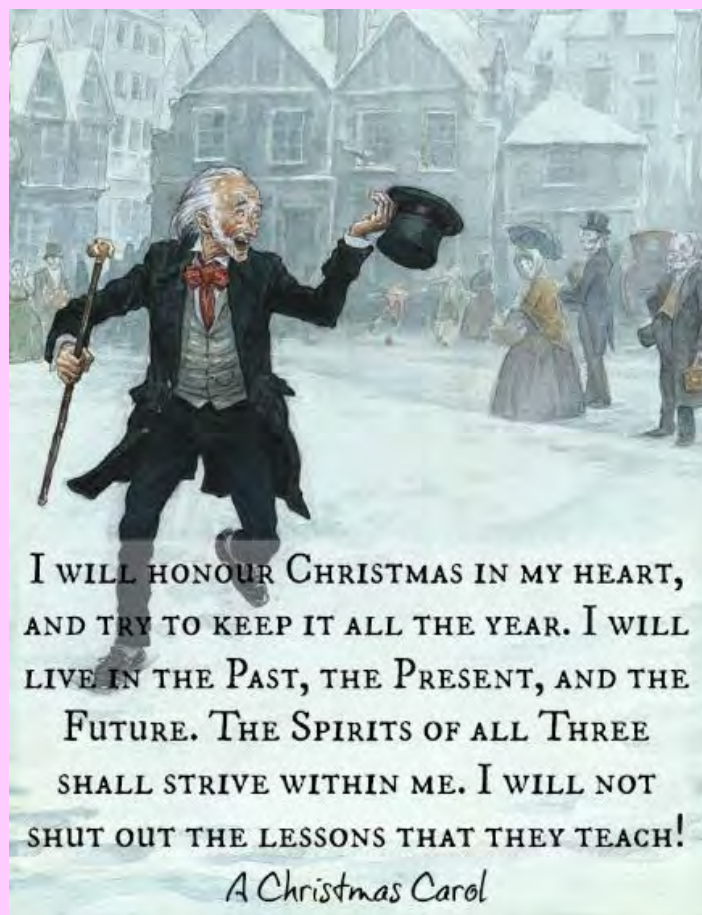
The books to read are:



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

Contact: Amanda Hawke:

01438 222600



## Sparx Reader Autumn News

The Sparx Reader completion for the year continues to make us incredibly proud of our Nobel students. Despite many distractions and other after-school commitments, so many students are setting aside a valuable 10-15 minutes each day to practise careful reading and, in doing so, will undoubtedly make a real difference to both their literacy and comprehension skills. This year, our students have read a staggering 3,355 digital books this year which is phenomenal!

We recognise that for some Sparx Reader presents challenges, yet many of those students display grit and determination to push through to reach their homework target and achieve success. Not only are they practising careful reading, but they are also learning how to overcome barriers and be resilient




We are incredibly grateful for your continued support and commitment to your child's education. Parental support plays such an important part in encouraging our students to apply themselves and complete Sparx Reader homework. If you want tips on how to help your child understand why the platform is important and how to get the most out of their daily reading experience, why not visit the Sparx Reader parent page? <https://sparxreader.com/parents/>

In celebration assemblies this week, I awarded certificates and gifts to the key stage 3 students who have exceeded all expectations and earned a staggering number of Sparx reader points. Congratulations to them all. See Ariel Izidu, right, receiving her certificate.




Our winners are as follows:



### Yr 7

	Misha Bobkov (Misha the Conqueror)	22,731 SRP
	Lea Hima (Lea the Spark)	20,578 SRP
	Ariel Izidu (Ariel the One and only)	18,073 SRP

### Yr 8




	Penny Chastell (Penny the Genius)	56,604 SRP
	Letticia Kindereviciute (Letticia the Innovator)	17,324 SRP
	Troy Chapman (Troy the One and only)	15,816 SRP



A special mention has to go to **Penny Chastell, year 8**, pictured below left with Letticia and Troy, who has more than twice the number of SRP than any other Nobel student in any year group and **Janeisha Chudasama of year 9**, pictured below right, who has maintained first position since year 8!



## Yr 9

	Janeisha Chudasama (Janeisha the Champion)	21,697 SRP
	Chevelle Agyapong (Chevelle the Star)	12,756 SRP
	Lilianna Nowak (Lilianna the Engineer)	9,954 SRP

This week's Sparx Reading homework will be due on Sunday 21 but we are making Sparx Reader optional over the Christmas break. Our year 7 students have received the complementary BookBuzz book this week which we hope they will enjoy reading over the holiday.

## Yr 10 Reading



We have now introduced the compulsory reading of key stage 4 texts to our year 10 cohort. This online reading tool will complement the reading and teaching of set texts that we do in school as we study for our GCSE literature exams next year. For parents new to Sparx Reader, you will find useful short videos on the Sparx parents' page: <https://sparxreader.com/parents/>

**Mrs K Di Gregorio**  
Literacy Lead

# Join the Reading Revolution!

Last week, four fabulous Nobelians helped me promote reading books for pleasure as we approach 2026, **The National Year of Reading** announced by the Education Secretary, Bridget Phillipson this year.



Year 9 students, Leon Metcalf and Elana Day (pictured left) and year 12 students, Freddie Thompson and Hannah Creighton - both year 12 Reader Leader volunteers too (pictured below) - told us some of the many wonderful benefits of reading books for pleasure, which include: reducing stress, increasing confidence, broadening our vocabulary, and improving sleep to name but a few!

CEO of the National Literacy Trust, Jonathan Douglas, said: *'At a time when we are witnessing the lowest levels of reading enjoyment and daily reading in a generation, we are delighted to be working with the government to deliver the National Year of Reading 2026 - a bold, society-wide campaign to reimagine how we understand, support and promote reading. Reading is the foundation of a successful life - the key to unlocking potential, strengthening social cohesion, enhancing wellbeing and boosting skills.'*

The National Year of Reading initiative urges parents to swap scrolling for reading to boost young people's literacy and life chances. At Nobel, we are passionate about reading and incredibly fortunate to have a wonderful library with a vast area of both fiction and nonfiction books for your children to enjoy. Do encourage them to read at home and speak to me or the librarian if they would like some guidance or recommendations. As Hannah told students in the assemblies: she had lost her interest in reading herself until she found a particular book that reignited her passion and she has now returned to reading avidly. If you don't enjoy reading, you haven't found the right book!



In 2026, in addition to our library services and regular reading promotions, we will be taking part in a number of national reading schemes and events to celebrate reading with our avid readers and encourage lapsed readers to fall back in love with reading for pleasure. Watch this space for more information or visit : <https://www.gov.uk/government/news/parents-urged-to-read-more-to-boost-childrens-life-chances> to read more about the initiative.

**Mrs K Di Gregorio**  
Literacy Lead



**DSPL2**

# FAMILY NETWORK EVENTS



10–12pm Tuesday 25th November 2025

Peartree Spring Primary School

10–12pm Tuesday 17<sup>th</sup> March 2026

Moss Bury Primary School

10–12pm Tuesday 16<sup>th</sup> June 2026

Peartree 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](mailto:dspl2@peartreespring.herts.sch.uk)

**DSPL2**

Delivering Special  
Provision Locally

## DSPL2 Family Newsletter – Edition 7

We hope you are finding our DSPL2 Family Newsletter helpful. If you have any feedback please do get in touch at: [DSPL2@peartreespring.herts.sch.uk](mailto:DSPL2@peartreespring.herts.sch.uk).

**DSPL2**

Delivering Special  
Provision Locally



# Family drop in surgery

These are face to face, or online appointment sessions, where families can receive guidance, support and signposting on various SEN topics: navigating school issues/accessing community activities and resources.

When

**Thursday 15 January 2026**

45 minute appointment slots will be available  
between 9:15am-12:00pm

[Book via DSPL2 Eventbrite](#)

If you have any questions email: [dspl2@peartreespring.herts.sch.uk](mailto:dspl2@peartreespring.herts.sch.uk)

Face to face appointments will be held at  
The Oak Suite, Peartree Spring Primary School,  
Hydeau Way,  
Stevenage,  
SG2 9GD.

DSPL2 Family Newsletter December 2025



## UNDERSTANDING MY AUTISM AND ADHD

A 6-week programme tailored to help **young people** learn more about neurodiversity and their own experiences.

### Through interactive sessions

Young people can discuss their strengths, challenges, and strategies for navigating daily life. By the end of the programme, it is hoped that the young people will leave with a stronger sense of empowerment in embracing their neurodiversity.

The activities and discussions aim to enhance self-awareness, boost self-esteem, and improve confidence.

Courses are tailored to different age groups and we run sessions for school years 3-6, 7-9 and 10-11 throughout the year.

6 week online and in-person  
courses starting in  
January and February

Jan

6

School Years  
10-11 (Online)

Jan

6

School Years  
7-9 (In-person)

Feb

24

School Years  
7-9 (Online)

Feb

26

School Years  
10-11 (In-person)

Understanding my  
autism and ADHD

Scan to book



Autism | ADHD  
Neurodiverse Conditions

For more details on other course or workshops SPACE offer visit <https://spaceherts.org.uk/>



Families In Focus CIC  
Supporting Forward Progress

Families In Focus award winning online, interactive courses are free for parents living in Hertfordshire

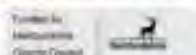
### Handling anger in your family

an online course for parents of primary aged children with no SEN needs

Increase understanding of why children react with anger and learn tried and tested techniques to support children to de-escalate and change reactions to trigger situations to bring harmony and calm for the whole family.

Monday evenings from 7pm to 8.30pm  
January 5<sup>th</sup> 12<sup>th</sup> 19<sup>th</sup> 26<sup>th</sup> & February 2<sup>nd</sup> 9<sup>th</sup>

Email Francine & Lesley:  
[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)



Families In Focus CIC  
Supporting Forward Progress

### A complete guide to parenting children with Autism & ADHD

(inclusive of those on assessment pathways)  
Our free evidence-based, online, interactive courses for Hertfordshire parents of children aged 2 to 11 years will:

Increase understanding of Autism, ADHD, Sensory needs and children's behaviours.

Also included, how to understand and support siblings, understanding EHCP's, and up to date information on local service's and how to access them.

We provide tried and tested strategies to increase understanding for a calmer and happier family life.

Wednesdays

9.30am to 11.30am or 6.30pm to 8.30pm

January 7<sup>th</sup> 14<sup>th</sup> 21<sup>st</sup> 28<sup>th</sup> &

February 4<sup>th</sup> 11<sup>th</sup> 25<sup>th</sup> &

March 4<sup>th</sup> 11<sup>th</sup>

Email Francine & Lesley:  
[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)



For further details on what other courses Families' in Focus offer visit <https://www.familiesinfocus.co.uk/>



## Neurodiversity Support Hub

For Parents, Carers and Professionals in Hertfordshire

We can offer support, signposting and guidance about a whole range of things including but not limited to:


No  
Diagnosis  
Required

- Understanding ADHD/Autism
- Distressed Behaviours
- Anxiety
- School


The phones are answered by our team of parents and carers of neurodivergent children and young people

Are you a  
Parent, Carer  
or  
Professional?



01727 833963 

We Can't:  
• Give updates/  
fast track places  
on waiting lists  
• Recommend  
specific private  
providers

 [supporthub@add-vance.org](mailto:supporthub@add-vance.org)

Term Time Opening Hours


9AM - 1PM - Monday, Wednesday & Friday

9AM - 3PM - Tuesday & Thursday

7PM - 9PM - Wednesday (By Appt)

9AM - 1PM - During School Holidays



Here to support, reach out for a listening ear 



# Here for you this Christmas

For most people, Christmas and the New Year is a time of joy and great fun. We get to have a well-earned break from work, spend time with our family and loved ones, overindulge in food and drink, exchange gifts and create long-lasting memories. Sounds perfect doesn't it?

Unfortunately, this is not the case for everyone. For many, the holiday period can be an incredibly anxious time – and sadly, this can lead people to really fear it. Increased stress and financial pressures, excess alcohol, too many parties, family

arguments and being forced to spend time with people we may not choose to be with, can all translate into an increased risk of domestic abuse.

Herts Domestic Abuse Helpline is here for you if things do escalate in your life. We offer a **FREE** and confidential support and signposting service to anyone affected by domestic abuse. The Helpline is open over the holiday period if you need to speak to us – and we also have a confidential email service if calling is not an option.



**Herts  
Domestic  
Abuse  
Helpline**

**08 088 088 088**

[hertsdomesticabusehelpline.org](http://hertsdomesticabusehelpline.org)

**Call 08 088 088 088**

Monday to Friday: 9am–9pm

Weekends: 9am–4pm

Confidential email: [kim@mailpurple.org](mailto:kim@mailpurple.org)





## **Hertfordshire Local offer website**

They have lots of useful information on services available across Hertfordshire as well as signing up to the local offer short breaks service and the Hertfordshire additional needs database (HAND offer).

<https://www.hertfordshire.gov.uk/microsites/local-offer/the-hertfordshire-local-offer.aspx>

## **Hertfordshire based charity Angels**

Angels support families of autistic children and /or children who have ADHD (and those awaiting a diagnosis). All Angel's staff are parents of neurodivergent children. They provide individualised advice and support to parents as well as help families meet with others with shared experiences.

<https://angelssupportgroup.org.uk/>

## **The Children's Wellbeing Practitioner Service**

Provides early intervention emotional wellbeing and mental health support to children and young people aged 5-19 who would benefit from, low intensity support. Support is provided through 1-1 and group interventions

<https://www.hcl.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>

## **ADD-Vance.**

A local charity developed by a group of parents of neurodivergent children who want to support families with children or young people with ASD/ADHD. They offer a variety of services including workshops, courses, a support telephone line, as well as family events and much more.

<https://www.add-vance.org/parents/courses/>

## **SPACE**

A Hertfordshire based charity supporting families of children or young people who are neurodivergent (Autism, ADHD, Dyslexia, Dyspraxia, Dyscalculia, Tourette's and other neurodiverse conditions)

<https://spaceherts.org.uk/>

## **Families in Focus**

Families in Focus are a Hertfordshire-based community interest company that provides online evidence-based, award-winning therapeutic parenting courses as well as providing a safe space to meet others with shared experiences.

<https://www.familiesinfocus.co.uk/>

### Supporting Links

We are a local social enterprise, providing parenting support through courses, workshops and 1:1 mentoring of parents and children throughout Hertfordshire and the surrounding area  
<https://www.supportinglinks.co.uk/>

### Family Lives

We are a charity that provide support to families around all aspects of life including your child development, understanding your child, issues with school, parenting/relationship support and much more  
<https://www.familylives.org.uk/>

### Dolphins swimming club

A swimming club (at Stevenage Leisure centre) for people with physical and mental disabilities that would benefit from time in the water but are uncomfortable attending a normal swimming session. We are a registered charity  
<https://stevenage-dolphins.org/>

### Graces Space and the Brighter SENTER

Brighter SENTER is an inclusive life skills and wellness hub for children and young people ages 5-16 with SEN. They have a team of consultants, coaches, facilitators, psychologists and relaxation therapists who have a desire to see children and young people have a bright outlook and the freedom to explore, develop and thrive in every area of life.

Graces space is a volunteer and parent Saturday Club that meet twice a month.  
<https://brightersenter.com/>



**Grace's Space**  
 Supporting families for a brighter future

GRACE'S SPACE is a parent and volunteer led monthly Saturday Club that supports:

- Children aged 3-11 years old diagnosed with Autism Spectrum Disorder
- Their parents and siblings

**GRACE'S SPACE WILL PROVIDE:**

- A space to play, learn and relax
- Social sessions will include: music of activities, sporting activities and creative ideas

**Notes:** Grace Community Church Hall, Upton Way, Stevenage, SG1 2SD  
 Each session lasts for 1 hour 15 minutes

**Attendance is via registration only and admission is FREE**  
 Registered children will get a FREE T-Shirt with our Logo

Grace's Space runs two sessions on the first Saturday of every month:  
 10:00 AM - 11:30 AM  
 11:30 AM - 3PM

To register or for more information call or email us on:  
 Telephone: 07573 345 707  
 Email: [graces\\_space@tiscali.co.uk](mailto:graces_space@tiscali.co.uk)  
 Website: [www.gracespace.org](http://www.gracespace.org)



**Chat Health School Nurse text messaging service for parents/carers: 07312 263002**

A new service from Chat Health has recently launched for parents/carers to provide advice on supporting children and young people's health and wellbeing (launched July 24)

Find out more about the wide range of services available to support Hertfordshire's children, young people and their parents/carers with emotional wellbeing/mental health at:  
[www.hertfordshire.gov.uk/youthmentalhealth](http://www.hertfordshire.gov.uk/youthmentalhealth)

**Young Minds**

Young minds are the UK's leading charity fighting for young people's mental health.

They have a Parents Helpline which is a free national service for any parent or carer concerned about a young person aged 0-25 yrs. We give customised advice and provide translation services in over 200 languages. We also have comprehensive resources on the Parent and Carer section of our website.

[https://www.youngminds.org.uk/parent/parents-helpline/?utm\\_source=website&utm\\_medium=website&](https://www.youngminds.org.uk/parent/parents-helpline/?utm_source=website&utm_medium=website&)

**With Youth online groups for children and young people**

With Youth free online emotional wellbeing groups for 7–12-year-olds and ages 13+.  
E: [withyouth@hertsmindnetwork.org](mailto:withyouth@hertsmindnetwork.org) for more information and/or find out more [here](#)

**The sandbox**

The Sandbox is an innovative digital mental healthcare service for Children and Young People.

We work together with the NHS, local government, and other organisations to help Children and Young People with their mental health.

<https://thesandbox.mindler.co.uk/>

Follow us on Facebook- [https://www.facebook.com/p/DSPL2-Stevenage-100063726952451/?\\_rdr](https://www.facebook.com/p/DSPL2-Stevenage-100063726952451/?_rdr)  
Our website is continuously updated with useful information- <https://www.stevenagedspl.org.uk/>

# Family Lives Online Programme Spring 2026



## Bringing Up Confident ADHD/ASD Children (6 weeks)



**Friday 23rd January to 6th March, 9.45am to 11.45am**

If your child has ADHD/ASD, or you think they might, join our online group where you will receive support from other parents and gain a understanding of ADHD/ASD and learn strategies to improve life at home and at school.



**Tuesday 20th January to 3rd March, 7.00pm to 9.00pm  
or  
Monday 9th February to 23rd March, 9.30am to 11.30am**

Do you feel you are constantly nagging or shouting at your child to get what you need? Learn how you can change the way you communicate with your child, respond better, and feel more in control.

**Less  
Shouting,  
More  
Cooperation  
(6 weeks)**

## Dads Together (6 weeks)



**Wednesday 4th February to 18th March, 7pm to 9pm**

Calling all Dads - join our free online group, come along and receive support from other dads and learn how to change the way you communicate with your child, respond better and feel more in control.



**Tuesday 3rd February to 17th March, 7.00pm to 9.00pm**

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? You may have an FFA, CIN, or CP in place and need more support. Learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.

**Getting on  
with Your  
Pre-teen or  
Teenager  
(6 weeks)**

For more information, call **0204 522 8700/8701**, email **services@familylives.org.uk** or scan the **QR code** for our online form.

**We build better family lives together**

**www.familylives.org.uk**



@familyliveshertsandbeds



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Registered address: The Annex York House, Salisbury Square, Hatfield, Hertfordshire, AL9 5AD