

From the Headteacher

Welcome to a new academic year.

It has been a fantastic start to the year so far, although the summer holidays were certainly busy for many of our Nobel students and staff. We had the Dolomites trip, which was a tremendous success, alongside our World Challenge trip to Sri Lanka. I would like to extend my sincere thanks to the members of staff who gave up part of their summer holidays to ensure that our students could experience these incredible opportunities. Their commitment and dedication are hugely appreciated. We have started September strongly, with a clear focus on standards and our expectations around school uniform. I would like to thank parents and carers for your continued support in this area. Our students are looking smarter each day, and this reflects the importance we place on presenting ourselves with pride.

For us, standards are about encouraging our young people to develop high standards for themselves in all areas of their lives, particularly in their learning. The way we present ourselves contributes to the culture of our school and reinforces our shared commitment to excellence.

We also had a hugely successful Open Evening. It was an exceptionally busy evening, and such was the demand that we had to accommodate additional tours. An evening of this scale could not have been successful without our wonderful students, who generously gave up part of their evening to welcome prospective students and their families and show them around our school.

We have since been inundated with incredibly positive messages from prospective parents, many of whom commented on how welcoming and impressive our students were. Several also remarked on how smart our students looked, which was wonderful to hear and a real reflection of the pride our students take in being Nobelians. Our students were, quite simply, a credit to the school.

To capture the spirit of Nobel, the opportunities available to our students and the wonderful facilities we have, we have also created a new school video. The video aims to give prospective families a genuine sense of what it means to be a Nobelian and what they can expect their child to experience as part of our community. At the heart of the video is our commitment to what I describe as the pursuit of excellence. I wanted to share the video with you and hope that, when you watch it, you feel the same sense of community, ambition and pride as the staff body did. <https://thenobelschool.org/school-video/>

As I enter my second year as Headteacher at Nobel, we continue to reflect on how we can improve, develop, and raise standards further. As we look to the future, we want to strengthen the way we work with parents and creating more opportunities to capture and respond to your views. Throughout the academic year, you will therefore see a series of short surveys designed to capture parental perspectives on a range of areas. We will be doing the same with our students and staff, to strengthen the Nobel community.

One immediate area where we would particularly value your feedback is the congestion we have experienced around school, particularly at pick-up and drop-off times. We are mindful that congestion at drop-off and pick-up times can impact the safety of our students and our local community. Please ensure that you do not park across or block residents' driveways and thank you for helping us maintain a respectful relationship with our neighbours.

Please take a minute to complete the short survey below and share your experience of drop-off and pick-up. Your feedback will help us explore ways to make the area safer and more manageable for everyone, the form will close next Friday.

[Nobel Congestion - Parental Feedback – Fill in form](#)

I would like to end this newsletter by saying a huge thank you once again for the support we receive from our parents and carers. I am incredibly proud to serve the Nobel community and honoured to be the Headteacher of such a wonderful school. I look forward to continuing to work together with you throughout the year as we strive to provide the very best opportunities and experiences for every one of our students.

Together, we will continue in the pursuit of excellence.

Have a wonderful weekend.

**Best wishes,
Rav Phagura
Headteacher**

Year 7 Transition day Science lesson

It has been wonderful to welcome our new Year 7 students to Science on their Transition Day. They made an excellent start, showing great enthusiasm, curiosity and a willingness to get involved in their very first science lesson. We are incredibly proud of how confidently they approached the day and are looking forward to seeing them develop their scientific skills and knowledge throughout the year. Well done, Year 7, and a very warm welcome to you all!

Miss A Pearson
Head of Science



Dates for your Diary



- Scholastic Book Fair 1 – 6 October
- DofE Celebration Lunch 6 October
- Half Term 26 – 30 October

Calling all former Nobel students!



The Network was set up in 2019 with the aim of keeping former students and staff connected to the school. We send out a newsletter each term which is full of news and personal updates from network members across the globe. It's a fantastic way to see what everyone is up to, and we can also invite you to future reunions and events. Currently we have about 792 Members and counting!

In addition, Nobel Network members (who want to) also help with assemblies, provide role model posters for the walls to inspire students and even assist us with work experience and advice for students about careers.

Please register on the database so that we can send you the termly newsletter, so that we can keep in touch and please pass to other former students that you know.

Register on the database for newsletters or for general enquiries email:

nobelnetwork@nobel.herts.sch.uk



1961



1983



2011



Calling all Parents

Please consider supporting the Friends of Nobel School by joining the committee or by helping/attending one of the events. The money the FONS raises goes directly back to students through the departments' extra' resources.

Where does FONS money go?



FONS Remembers the Duke with Bursary Scheme for D of E Award.



FONS supports World Challenge



Visualisers for most classrooms



Laptops for disadvantaged students during lockdown.

Examples of Department Extras:

- Dance - Props for competitions;
- 6th Form Lockers;
- Science - Electricity topic resources;
- PE – New sports kits;
- MFL – Support for trip costs.

Key Dates:

FONS Meetings (Rotating Mon/Tues) All in the Library

Contact kymarthur@btinternet.com for more information

Tues 24 November 2026	7pm
Mon 25 January 2027	7pm
Tues 23 February 2027	7pm
Mon 26 April 2027	7pm
Tues 15 June 2027	7pm
Mon 5 July 2027	7pm

All of these meetings last one hour maximum. They focus on arrangements for any upcoming events and also agree funding bids made by school depts.

Tea and coffee are provided.

Y7/8 Discos Dining hall / Main Hall

Fri 16 October 2026	7.00-9pm
Fri 12 March 2027	7.00-9pm TBC

Other events Dining hall / Main Hall

Quizine

Fri 21 May 2027	7-10.00pm
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FONS 100 Club

100 Club raffle winners

July

1st prize £18 Sandra Izidu

2nd prize £12 Sue Hammer

August

1st prize £17 Graham Williams

2nd prize £11 Sally Gore

Please could Sue Hammer and Graham Williams contact Maxine - fonssg2@gmail.com so your winnings can be transferred to you thank you.

Please see our 100 Club poster for more information about the raffle and how to join.

JOIN OUR 100 CLUB! 
Just £2 per number! **FONS**
A fun way to support
Friends of Nobel School

How it works:

- You get allocated a number(s)
- You will be entered into our monthly prize draw.
- Each month, we'll draw two winning numbers: one for 1st Prize and one for 2nd Prize.
- Both winners will receive a cash prize!

Every number helps support
Friends of Nobel School

To join: Maxine - fonssg2@gmail.com

Secure your 100 Club number for the whole year for just £24 — that's only £2 a month!

Pay £2 a month by standing order over 12 payments, or £24 upfront for the year.

Current House ABC Points Totals

23 September 26	House	House Points
1st	Mandela	4384
2nd	Eliot	4315
3rd	Curie	3929
4th	Teresa	3859



Are you a family with children and young people aged 0-25 with Special Educational Need and/or Disabilities looking for local activities?

The SEND directory promotes a wide range of local activities and support groups, some activities will also include discounts for families registered for our Herts Card (SEND).

www.hertfordshire.gov.uk/SENDdirectory

Library News

We are pleased to announce that the Scholastic Book Fair will be held in the library during break and lunchtimes from Thursday 1 October to Tuesday 6 October.

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

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

Alternatively, you can pay securely online here
<https://bookfairs.scholastic.co.uk/pay/84549725>

Thank you for your continued support



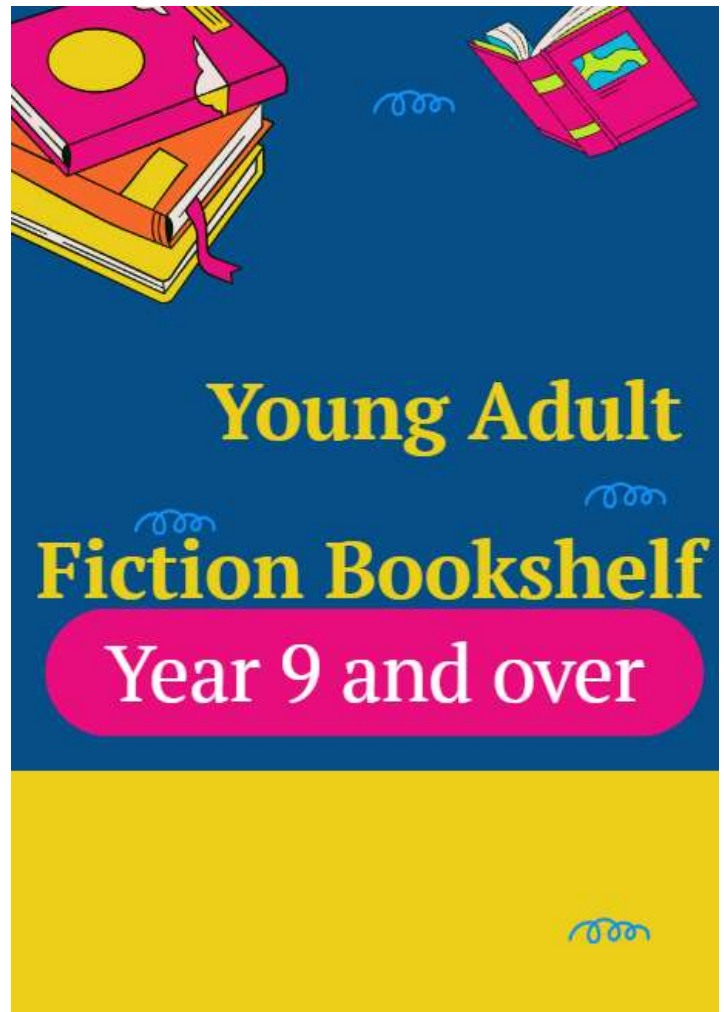
Design a Poster Competition

Thank you to everyone who has entered our competition to design a poster to help promote our book fair. All posters will be displayed to highlight the event and winners will be notified shortly.

OVERDUE LIBRARY BOOKS



We hope you enjoyed reading your library books over the summer. Please can you remember to return them to the library as soon as you can.
Thank you



Pop into the library and take a look at the latest books to be added to our bookshelves



Library Opening Times

Monday 8:15am to 4:15pm

Tuesday 8:15am to 4:15pm

Wednesday 8:15am to 4:15pm

Thursday 8:15am to 4:15pm

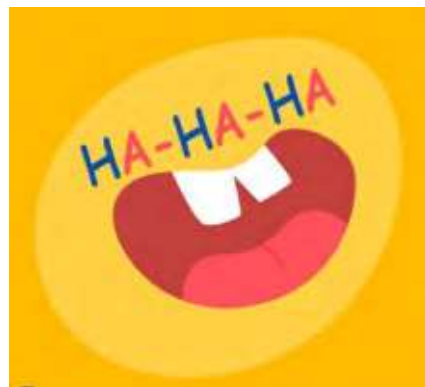
Friday 8:15am to 3:45pm

Also remember, you have



whenever you need them

Our Genre focus for this week is Humour

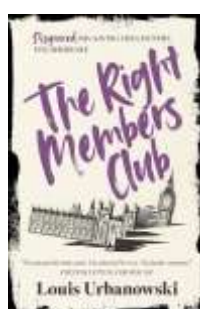
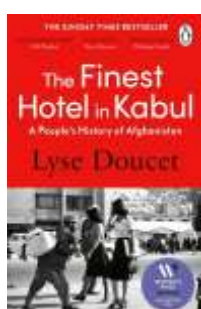


Pop into the library for recommendations and to look at our display

NOBEL SCHOOL, PARENTS, STAFF and COMMUNITY BOOK GROUP

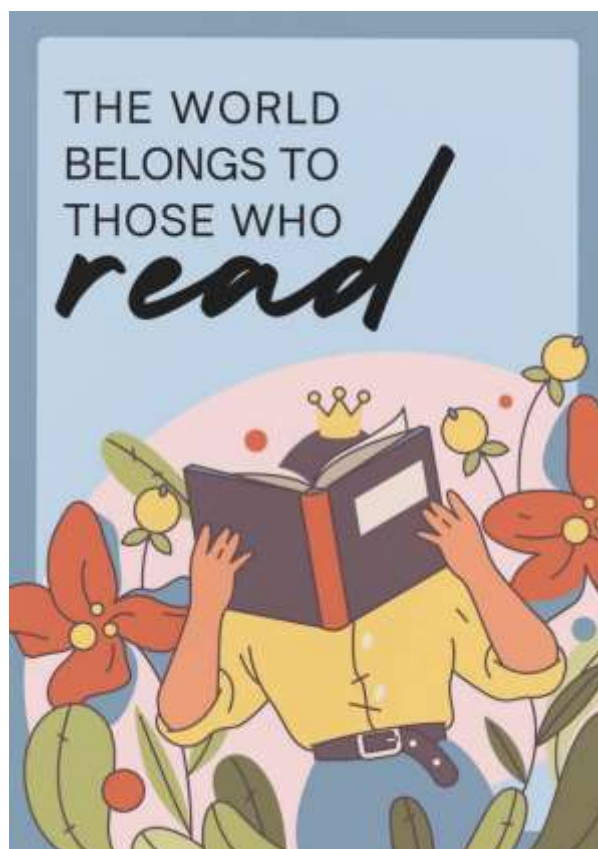
The next meeting will be held in the library at 6.30pm on Tuesday 3 November

The books to read are:



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

Contact: Amanda Hawke
01438 222600



Developing Character

Dear Students and Parents/Carers,

For the two weeks between 21/09/26 - 02/10/26 the character focus is our Nobelian virtue of being EMPATHETIC.

The Character Conundrum for the fortnight is below. Please can you take some time during the fortnight to read through this with your child and discuss what the right moral choice would be.

Character Conundrum 2 – EMPATHETIC

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

Support

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

Questions

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

Developing Character

For the two weeks between 05/10/26 - 16/10/26 the character focus is our Nobelian virtue of being CURIOUS.

The Character Conundrum for the fortnight is below. Please can you take some time during the fortnight to read through this with your child and discuss what the right moral choice would be.

Character Conundrum 3 – CURIOUS

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

Support

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

Questions

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

Warm regards,

Mr N Brown
Assistant Headteacher

Running Club: More Than Just Running

Every Friday afternoon, whatever the weather, students from Year 7 to Year 13 head out for Nobel's Running Club. The club started 6 years ago and it has become a much-loved part of school life, with the club now running consistently every week and attracting regular runners as well as students who simply want to get active, meet new people and enjoy the end of the school week.

Running Club is about much more than how fast you can run. Some students come because they are competitive, some want to improve their fitness, while others simply enjoy being outside and running with friends. For many students, it is a chance to challenge themselves, build resilience and develop healthy habits, while also having fun and feeling part of a team.

Two students who really demonstrate what Running Club can offer are Bianca and Will.

Bianca has been a fantastic and incredibly consistent member of the club, attending week after week. Her commitment is exactly what Running Club is all about. She has made running a regular part of her week and is a great example of how simply turning up, getting involved and sticking with something can become a positive habit. She has also started running with her friends at the weekend now.

Will joined Running Club around a year ago, and it has been fantastic to see how much he has developed since then. What started as joining us on a Friday has grown into a real passion for running. Will has made excellent progress and has now taken the next step by joining a club outside of school. He also regularly takes part in parkrun outside school, which he has won on many occasions against adults. His journey shows how Running Club can be a starting point for students who discover that they really enjoy running and want to take their involvement further.

The club is also proud to be an inclusive space. Students from across the school take part and everyone is welcome.

Running Club continues to grow. We have even run international running event and the club promotes our House System and Character virtues, with students earning House points along the way.

Most importantly, Running Club gives students a reason to get outside, be active, challenge themselves and spend time with other people. It is a simple idea, but the impact can be huge.

So, if you see us heading out on a Friday after school, meet in reception with your running kit on, come and join us. You don't have to be fast, you don't have to be experienced – you just have to be willing to give it a go!



**Miss A Pearson, Mr A Mesher and Mr R Whitten
Running Club**

Running Club

I've been running for about a year and a bit now and it's become a pretty big part of my life. Before I started I thought running was boring and just meant running on your own for long excruciating hours. But joining the school Run Club showed me that it doesn't have to be like that. You can run with your friends, have a laugh, race each other and actually look forward to it. The Run Club has helped me loads. I've made loads of friends, become more confident and really enjoy the atmosphere of running with friends and encouraging teachers. It has also motivated me to keep improving. Since starting, I've got really into parkruns and athletics. I now run around 60 kilometers a week and my 5K PB is 16:58, which I'm really proud of considering I only started just over a year ago. Running has taught me that if you keep putting the work in you can improve a lot more than you might expect.

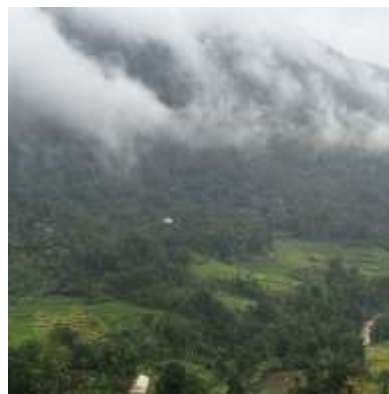
Will
Year 10



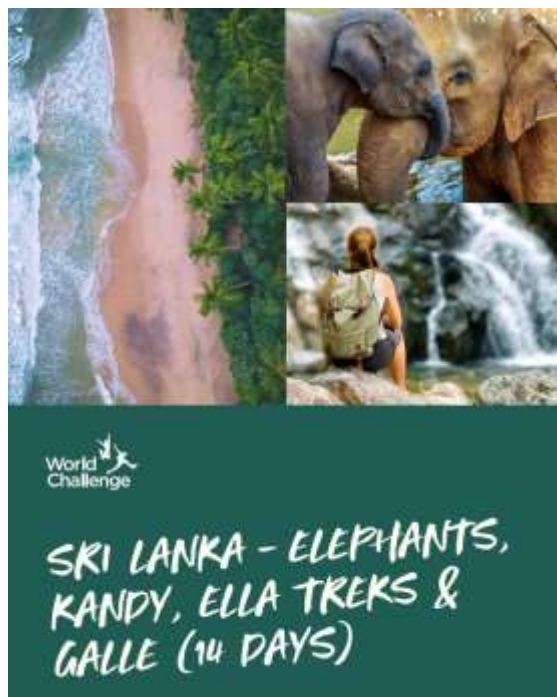
Sri Lanka World Challenge trip

I found the Sri Lanka trip to be an amazing adventure, I'd never experienced anything like it as I have only been to one country in Asia before. Negombo, just north of the capital Colombo was a mix of new and old, poor and rich areas, but regardless everyone was incredibly friendly and was willing to ask us where we were from. The Elephant sanctuary was my favourite part, out in rural Sri Lanka, there was hundreds of species of birds, reptiles, insects etc. it was hot and labour was hard, but it was extremely rewarding because the team was very grateful for our work and our teamwork also significantly improved during this time, which is a skill I still use. Kandy and Galle were very similar, two bustling cities each with their own activities and incredibly interesting history and cultures. During that time, our amazing guide Viraj explained flawlessly about the colonial and modern history of the country as a whole and the local areas specifically, which I appreciated as I love my history. In whole, the trip really opened my eyes to factors I was originally oblivious to like the economic situation, healthcare, judiciary system and natural disasters that tragically occur every so often and this provoked my new interest in law and politics which I hope to further pursue. I was originally nervous at first but now I have no regrets whatsoever about going on that trip!

Tom Brooke 12 KMN



Sri Lanka World Challenge trip



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



with

The Nobel Notes



**Audition date: 5th
October 3:15pm at
music 222**

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





GRIT; GROWING
RESILIENCE
IN TEENS

12-WEEK PROGRAMME AGES 11-18

NON-CONTACT BOXING

FITNESS & GAMES

HEALTH AND WELLBEING COACHING

Programmes start January, April & September

Tuesdays: 11-13 year olds Thursdays: 14-18 year olds

16:45-18:15 Term-time only



**U8 Fitness Hub, 2-3 Station Approach,
Hitchin, SG4 9UW**

**DONATIONS
WELCOME**



**Sign up at
gritcharity.org**



**Hertfordshire
Community
Foundation**

Our 11-13 programme is gratefully funded by



Collection

Talking ASD & ADHD: *FREE* for parents in Herts



A series of workshops for parents and carers of young people with (diagnosed OR suspected) ASD & ADHD, commissioned by Hertfordshire County Council to provide FREE support, information and advice for families of children living and/or schooling in Herts.

Events in this collection



Talking ASD & ADHD: Responding to Anger (837) For parents/carers in Herts.

Tue, Jun 2 • 9:30 AM GMT+1

Free



Talking ASD & ADHD: Stress & Anxiety (838) For parents/carers in Herts.

Mon, Jun 8 • 7:30 PM GMT+1

Free



Talking ASD & ADHD: Tech Use (839) For parents/carers in Herts.

Tue, Jun 16 • 7:30 PM GMT+1

Free



Talking ASD & ADHD: The Teenage Years (840) For parents/carers in Herts.

Wed, Jun 24 • 7:30 PM GMT+1

Free



Talking ASD & ADHD: Responding to Anger (871) For parents/carers in Herts.

Mon, Sep 21 • 7:30 PM GMT+1

Free



Talking ASD & ADHD: Stress & Anxiety (869) For parents/carers in Herts.

Wed, Sep 30 • 7:30 PM GMT+1

Free



Talking ASD & ADHD: School Avoidance(872) For parents/carers in Herts.

Wed, Oct 21 • 7:30 PM GMT+1

Free



Talking ASD & ADHD: Tech Use (870) For parents/carers in Herts.

Thu, Nov 19 • 9:30 AM GMT

Free

You are warmly invited to attend the:

Children, Young People and Families (CYPF) Partnership Day

on Tuesday 29th September 2026 9.00am - 3.30pm
At The Fielder Centre, Hatfield, Herts, AL10 9TP



An opportunity to learn the latest developments in supporting children, young people and families. Plus, a chance to network with partners, including a market stall area.

On the agenda:

- Keynote speakers: Children's social care reforms and new Best Start family hubs
- Local updates on young carers, and Hertfordshire's new Crisis Resilience fund.
- VCFE led 'Prevention in Practice' session.



FREE to attend.
Refreshments and lunch
will be provided.
Please apply via:
[CYPF Partnership Day](#)

Plus, special guest speaker Mark O'Sullivan - Successful television writer, director, and actor.

Mark's 2024 Channel 4 documentary 'My Sexual Abuse: The Sitcom' follows Mark's journey exploring the abuse he suffered as a child, and his attempts to make a sitcom about his experiences. It was awarded the prestigious Royal Television Society 2025 Programme Award for Art.

Mark launched the Making Lemonade platform including podcast, talks, workshops, and live events focussed on how creativity can transform difficult experiences into positive outcomes, effectively turning lemons into lemonade.



Parent & Carer Support Autumn Term 2026



FREE to parents and carers living in Hertfordshire

TALKING ADDITIONAL NEEDS

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

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



Tuesdays 8.00 – 9.30pm

15th Sep to 20th Oct

Online Course ID 864

Tuesdays 9.45 - 11.15am

3rd Nov to 8th Dec

Online Course ID 859

Wednesdays 7.00 - 9.00pm

4th Nov to 9th Dec

F2F Course: ID 858

Longdean School

Hemel Hempstead

TALKING FAMILIES

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

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



Thursdays 8.00 - 9.30pm

17th Sep to 22nd Oct

Online Course ID 861

Wednesdays 9.45 - 11.15am

4th Nov to 9th Dec

Online Course ID 860

TALKING ANXIETY

6, weekly sessions for parents and carers of children **3-19**, 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.



Wednesdays 7.45 - 9.30pm

4th Nov to 9th Dec

Online Course ID 862

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

16th Sep to 21st Oct

Online Course: ID 867

Tuesdays 7.45 - 9.15pm

3rd Nov to 8th Dec

Online Course: ID 868

TALKING ANGER in TEENS

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

- Understand why children & 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

15th Sep to 20th Oct

Online Course: ID 863

TALKING TEENS

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

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



Wednesdays 7.45 - 9.15pm

16th Sep to 21st Oct

Online Course: ID 865

Wednesdays 7.45 - 9.15pm

4th Nov to 9th Dec

Online Course: ID 866

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



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.hct.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 3-9 years old diagnosed with Autistic Spectrum Disorder
- Their parents and siblings

GRACE'S SPACE WILL PROVIDE:

- A space to play, learn and relax
- These sessions will include: musical activities, sporting activities and creative dance

Venue: Grace Community Church Hall, Hydean Way, Stevenage, SG2 9XJ.
 Each session lasts for 1 hour 30 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
 12.30 PM - 2PM

To register or for more information call or email us on:
 Telephone: 07972 345 797
 Email: graces_space@live.co.uk
 Website: 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

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&

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 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/>

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Our website is continuously updated with useful information- <https://www.stevenagedspl.org.uk/>