Nobel News

From the Headteacher

Dear Parents and Carers,

We began this half-term with a moment of great pride as our Student Presidents and Vice Presidents represented Nobel School at the Remembrance Service in Stevenage Old Town. Ms Reeder and I were immensely proud of the dignity, maturity and respect with which they carried out the responsibility of laying a wreath on behalf of our school community.

Remembrance provides an opportunity to reflect on the sacrifices made by others and the values we hold as a community. It was particularly pleasing to see several Nobel students representing their own uniformed organisations and community groups during the commemorations. Among them was Year 12 student Jack, who was involved in the proceedings through his cadet service. Witnessing our students serve their wider communities with such commitment and pride is a reminder that education extends far beyond the classroom.

On 11 November, the whole school observed a two-minute silence to pay our respects. Students who represented various organisations during the commemorations were invited to wear their uniforms in school that day, recognising their contribution and service. The respectful manner in which our students conducted themselves throughout the occasion reflected the values we strive to nurture every day at Nobel.

Our commitment to ensuring every student achieves their very best continues to be reflected in the results and outcomes we are securing. In my previous newsletter, I shared our improved GCSE and A Level outcomes, which were the result of significant hard work from students, staff and families working together. I am therefore delighted that our Sixth Form has now been officially recognised by ALPS as performing within the top 25% nationally for student progress and achievement. This is the first time the school has received this recognition and represents a significant milestone in Nobel's journey. More importantly, it reflects the increasing number of opportunities and successful destinations available to our students as a result of their hard work and ambition.

Our Year 11 mock examinations have now concluded successfully, with practical assessments continuing into next week. Staff are currently undertaking the enormous task of marking thousands of examination papers to ensure students receive detailed feedback on both their strengths and areas for development. The mock examination process provides an important opportunity for students to understand where they are currently performing well and where additional support may be needed as they prepare for their final examinations.

I am also delighted to share that applications for Year 7 places in September 2027 remain exceptionally strong. We have now received more than 700 applications and, for the first time in recent years, have exceeded the number of first-preference applications for the 240 places available, both measures increasing since last year. This reflects the growing confidence families have in the direction of the school and the work of our staff and students. During our Open Evening, we spoke about our unwavering commitment to raising standards, maintaining high expectations and creating a culture where every student can succeed. We firmly believe that excellence should be the expectation in every aspect of school life and that a culture of high standards enables all students to achieve their potential.

There have also been many opportunities for students to excel beyond the classroom. Last weekend, our Year 12 students represented Nobel School brilliantly during the Mock Trial Competition in St Albans. Staff were incredibly proud of the professionalism, resilience and determination demonstrated by our students throughout the event. Equally, it was fantastic to see students participating in the UK Senior Mathematics Challenge, re-establishing the school's involvement in a prestigious competition that has not featured at Nobel for some time. We are proud of every student who embraced the challenge and represented the school with such enthusiasm.

Looking ahead, we have several exciting events on the horizon. Our annual pantomime production provides another wonderful opportunity for our Drama students to showcase their talents and creativity. We will also be welcoming back last year's Year 13 students for our Achievement Evening. It is always a pleasure to celebrate their successes and to see former students return to the school community.

Our alumni also continue to demonstrate remarkable generosity in supporting current students. Through the Patrick Younge Scholarship, one Year 12 student each year receives financial support in recognition of outstanding resilience, determination and commitment to their education. This year's recipient is Chania, whose ambition is to pursue a career in medicine. Congratulations to Chania on this well-deserved achievement, and thank you to Patrick Younge and Mr Burningham for their continued support in developing a network that continues to transform opportunities for our students.

This week we also held our annual Meet the Form Tutor event. Following feedback from parents, we introduced a revised format across two days to provide greater flexibility and allow more families the opportunity to attend. As our Parents' Evenings are delivered online, this event remains one of the most important opportunities for us to meet families face-to-face, strengthen our partnership and discuss both the academic progress and personal development of our students. Thank you to all parents who attended and to those who took the time to complete our survey. Your feedback plays an important role in helping us continually improve the experience we provide for families.

I would like to end by thanking the many parents and members of our community who have taken the time to contact the school and share their appreciation for the work of our staff and what we do at Nobel. Those messages are always greatly valued. I am exceptionally proud of our students, who arrive each day ready to learn, contribute positively to our community and uphold the high standards and demonstrate that they are Ready, Respectful and Safe. Their politeness, maturity and respect are frequently commented upon by visitors to the school and are qualities of which they should be immensely proud.

Finally, we look forward to our forthcoming Occasional Day before welcoming students back on Monday for the final three weeks of term. I hope all of our families enjoy a restful long weekend, and I thank you, as always, for your continued support as we work together to ensure every student can thrive, achieve and succeed.

Yours sincerely,

Rav Phagura
Headteacher

Photograph and video consents on Arbor

A reminder for parents and guardians in all year groups:

Please take a moment to check your child's photograph and video consents on Arbor. This applies to all year groups, even if your child has been at The Nobel School for several years. Checking now helps us ensure that the consents recorded remain accurate and reflect your current wishes. We have had filming and photo opportunities where students have missed out, so please take a moment to review your child's recorded consents.

What you need to do:

Log into your Arbor account and review each photograph and video consent carefully. If you have more than one child at The Nobel School, please check the consents for each child separately.

If you would like to make any changes, please email the school to request a change.

If your existing choices are correct, no further action is needed.

Thank you for helping us keep your child's consent information up to date.

Careers Fair: could you help inspire our students?

We are delighted to announce that our school Careers Fair will take place on 9 March 2027.

We would love to hear from parents and carers who would be interested in attending on behalf of their workplace. Whether you work for a large organisation, a small business or are self-employed, we would welcome the chance to showcase a wide range of careers and industries.

By sharing your experience, you could help students discover different roles, understand the skills employers value and explore possible routes into work. You do not need to have a recruitment opportunity to offer — an insight into your working life could spark a new interest.

Interested in taking part?

Please email Lynsey.chalkley@nobel.herts.sch.uk to express your interest, including your name, your workplace and a brief description of the work you do. If a colleague would be better placed to attend, please do pass this invitation on.

Thank you for considering supporting our Careers Fair and helping our students explore their futures.

THE NOBEL NOTES CHOIR

MUSIC FOR YOUTH PROMS 2026

MONDAY 9 NOVEMBER 2026



THE NOBEL NOTES CHOIR AT THE ROYAL ALBERT HALL



THE ALBERT MEMORIAL

A night to remember

On Monday 9 November, the Nobel Notes Choir had the incredible privilege of performing at the iconic Royal Albert Hall as part of the Music for Youth Proms 2026. Joining choirs from Belfast and across the UK, our students shared in a spectacular arena performance celebrating young musical talent. During our break, we also visited the Natural History Museum, making the day even more memorable.

At the end of the concert, we were delighted to meet poet Alex and composer James W and share an inspiring conversation about music and creativity. We feel so fortunate to take part in this annual national celebration of young talent. A heartfelt thank you to the parents and families who came to support us. We hope the experience inspires our young musicians to keep learning, performing and making wonderful musical memories together!

A VERY SPECIAL DAY

From the museum to the music

Exploring London, joining other young musicians and getting ready to perform.



A visit to the Natural History Museum



On stage at the Royal Albert Hall



Taking in the iconic auditorium



Making music together

IN THE OFFICIAL PROGRAMME

The Nobel Notes Choir

Monday 9 November 2026

Proud to be listed among the participating ensembles at Music for Youth Proms 2026.

MUSIC, INSPIRATION & COMMUNITY

Moments we'll remember

On stage, in the spotlight and in conversation with creative artists.



Celebrating an extraordinary performance



Music in action



Inspiring chats



New connections

WITH HEARTFELT THANKS

To every parent and family member who came to support us

We hope you enjoyed the night as much as we did. Your encouragement means so much to our young musicians. May this experience inspire many more adventures in music, confidence and creativity.

Here's to the next musical adventure!

The Nobel Notes Choir collaborate with The Big Sing Choir just like you see on Britains Got Talent.



The Nobel Notes choir will be collaborating with the BIG Sing choir on their Christmas Tour, culminating in an exciting concert, supported by charity SOUL on the Sunday 20th December 2026 at Nobel school, in the Leslie Rose auditorium at 11am.
This will be an unforgettable opportunity to perform LIVE alongside the professional BIG Sing choir (https://big-sing.com/) at one of their exciting, high-energy concerts. Come and speak to Mrs. Shakespeare for more details and join the Nobel Notes choir after school on Mondays 3:15-4:15am in Music room 222.

Mrs A Shakespeare
Teacher of Music

Tom Ryder Singer-song writer and Music wellbeing workshop 19th Jan 2027 Period 4.





The workshop explores how young people can feel more "in tune" with themselves through the power of music and creativity. It focuses on wellbeing, helping students to understand the factors that can support positive mental wellbeing, while introducing practical strategies to help them feel more balanced, resilient and confident.
The session is highly interactive and includes live performance, extensive audience participation, drawing activities, singing and songwriting. Throughout the workshop, students are encouraged to reflect on their own experiences and express themselves creatively in a supportive and engaging environment.
Below is a link to Tom's website, with more info about Tom: About | Tom Ryder Wellbeing
To sign up: Tom Ryder Music wellbeing workshop – Fill in form
Tom Ryder Singer-song writer and Music wellbeing workshop
19th Jan 2027 Period 4

Mrs A Shakespeare
Teacher of Music



UKMT Senior Maths Team Challenge:

On Tuesday 17th November a team of 4 further maths students (Oskaras Jakubonis 12ENS, Alex Chapman 12HON, Max Sutton 13NCT & Flynn Walters 13GBE) took on teams from 21 other schools at the regional heat of the UK Mathematics Trust Senior Team Challenge. Below is Oskaras's report of the afternoon.

After a nervous car ride helped by the slight confidence awarded from my motivational music, we arrived at the Leys School, Cambridge. We entered the great hall, found our table, and settled down. My nerves, mixed with excitement, began to build between bites of my sandwich and the written notes I made to practice questions. Then, one of the organisers began the event.
We met our teacher/judge and were handed the first round of questions. My first question turned out to be fairly simple, and I solved it in good time. However, embarrassingly, I have to admit, the other questions that weren't completed all seemed to be beyond my calibre – this was not helped by the cheering of an opposing team marking the halfway point of the timer.
Then came round 2 – the maths crossword – we were split into pairs, each having clues for half of the crossword. We set off, solving the easy questions and relying on the other pair to figure out some of the harder answers. Then came the worst question yet: the clue was a five-digit square number that was also a multiple of 64 – I tried to avoid this one, but all roads led to it (I never got it and was made even more frustrated by cheers from the same team).
Finally, after a short break, came round 3, probably my favourite; this round involved passing answers back and forth like a relay. This round went fairly well, despite the rocky start, due to a seemingly impossible question the other pair received and us running out of time on the final question.
Overall, we came in at a solid 13th place out of 22 teams. Despite my clear frustrations, I had an amazing time competing. I am so glad I was given the opportunity to participate and would happily join in again if they repeat the event next year.

Mr B Mynott
Classroom Teacher

Current House ABC Points Totals

24th November 26	House	House Points
1st	Eliot	12010
2nd	Mandela	11751
3rd	Curie	11605
4th	Teresa	10637

Dates for your Diary



- Fri 27th Nov Occasional Day (School Closed)
- Thurs 3rd Dec DofE Gold Celebration Dinner
- Tues 10th Dec Christmas Panto
- Tues 15th Dec Christmas Show
- Fri 18th Dec Last day of term (School ends at 12pm)



Year 7 Girls Football.

Well done to the Year 7 girls on their football matches on Wednesday 18th November! After one of the teams unfortunately had to drop out, the girls started the afternoon with a friendly fixture against Barclay, giving everyone a great opportunity to get involved and enjoy some football.
The girls then faced Knights Templar and put in a fantastic performance, securing a 3-0 victory! They showed excellent use of space, great communication and worked brilliantly together as a team. It was lovely to see them supporting one another and putting their teamwork into practice. A special shout-out to Grace for a fantastic goal!
Unfortunately, with some of the other matches running over, our final game against Highfield was shortened to a very quick seven minutes. Despite this, the girls did a brilliant job of sharing roles, rotating positions and making sure substitutions were included. They adapted really well and continued to show a positive team attitude right until the end, despite the rush!
A huge well done to all the girls for their effort, teamwork and enthusiasm throughout the afternoon. You should all be very proud!
Finally, a big thank you to all the parents who came down to support the girls and Mrs O'Reilly. Your support is always greatly appreciated!

Mrs C O'Reilly
PE Teacher



Year 7 Boys Football

The Year 7 boys football team produced an emphatic display to win 10-0 away at Barnwell. Huge well done to the whole squad both defensively and offensively.

Mr V Lwanga
PE Teacher



Year 12 Sports Leader trip

On Wednesday 18th November, 11 of our fantastic Year 12 Sports Leaders visited Wodson Park to lead a series of inclusive sporting activity stations for students with Special Educational Needs and Disabilities (SEND).

The students took on the responsibility of delivering and supporting two activities: Boxercise and Boccia. Throughout the event, our Sports Leaders were absolutely amazing! They demonstrated outstanding professionalism, enthusiasm and patience, adapting their approach to support children with a wide range of individual needs and abilities.

Despite never having organised or delivered this type of event before, all 11 leaders rose to the challenge brilliantly. They showed fantastic communication skills, encouragement and an ability to build positive relationships with the students, ensuring that everyone had the opportunity to get involved, enjoy themselves and experience success.

The feedback received from staff at the participating schools was exceptional, which is a real testament to the quality of leadership demonstrated by our students. They should be incredibly proud of the positive impact they made throughout the day.

A huge thank you to all of our Sports Leaders for the effort, commitment and enthusiasm they put into making the event such a success. You represented yourselves and the school brilliantly!

I am now looking forward to reading your peer reports, where you will evaluate each other's performance and reflect on the sports leadership skills demonstrated throughout the event. This will be a fantastic opportunity to recognise individual strengths, celebrate achievements and identify areas for further development.

Well done everyone, a brilliant example of sports leadership in action!

Mrs C O'Reilly
PE Teacher



Year 7 Netball Team.

Our Year 7 Netball team got off to a fantastic start, winning their first match 3–2 against a strong Marriotts side! The girls showed great determination, teamwork, and resilience throughout the game. Robyn O and Chloe C were outstanding in defence, making some brilliant interceptions, and putting pressure on the opposition. Evie S, Amber P, Aria K, and Imogen B worked hard in the centre third to move the ball down the court, creating great opportunities for Orla-Rose D and Isla W in the shooting circle. A brilliant team effort and a well-deserved first win!

🏅 Player of the Match: Robyn O for an outstanding performance in defence



Miss C Long
PE Teacher



KS3 and KS4 District Badminton Competition.

It was a fantastic day of badminton at Barnwell School on the 4th of November 2026, with our KS3 and KS4 girls competing in a series of singles and doubles tournaments against some very strong opposition.

We are delighted to announce that our KS3 girls finished in 1st place, putting in an outstanding performance to secure the top spot! Scores included a doubles 21-17 win by Ellie and Amelie, a singles 21-16 win by Letticia, a doubles 21-17 win by Amelie and Letticia, a doubles 15-8 win by Sophie and Ellie, another doubles 15-8 win by Letticia and Sophie, a doubles 15-11 win by Letticia and Sophie and a singles 15-14 win by Ellie. As a result of their success, they will now be invited to compete in the finals in December, a brilliant achievement and something to look forward to!

Amelie from Year 8, had the following comments: "*I really enjoyed badminton because it was super fun. I enjoyed being there and playing with my friends. I also felt so happy that we won. Thank you for inviting me."*

Sophie from Year 9, had the following comments: "*We had lots of fun at the badminton tournament! Although I had never played a competitive doubles game before, I think we worked really well as a doubles team and did well in the singles matches too*."

Well done to Sophie, Amelie, Letticia and Ellie!







Our KS4 girls also had a fantastic competition, finishing in 3rd place despite facing some particularly tough competition. They showed great determination, resilience and teamwork throughout the tournament. Some of the scores were only a handful of points from the opposition.

Lauren, from Year 10, had the following comments: *"I really enjoyed getting to play competitively in badminton for the first time, I think it was a great experience. I enjoyed being able to compete whilst still playing sports with my friends."*

Well done to Lauren, Layla, Lacey and Scarlett!

A huge well done to all the students who took part. Everyone represented the school brilliantly, demonstrating excellent sportsmanship, commitment and enthusiasm across both the singles and doubles events.

It was a great day, full of fantastic performances and we are incredibly proud of all the girls who participated.

Mrs C O'Reilly
PE Teacher

Year 9 and 10 Badminton team tournament – Stevenage School Games.

Both teams faired very well in the Badminton tournament and if they had been two teams full of four players probably would have won. Unfortunately, due to only having two players in Year 10 and three players in Year 9, we were unable to win due to lack of players. However, both teams played very well.

The following boys played in the Stevenage School Games;-

Year 9
Noah Garton
George Nesbitt
Alex Patten

Year 10
Stanley Brown
Ethan Hudson





Year 8 Basketball

On November 9th, the Nobel Year 8 Basketball team went to Letchworth to play Highfield. It was a great game all round with 12 shots scored in total. We battled hard, but, unfortunately, we lost 32-24. Great performance from the boys. This is only the start, and the wins will come for us in the district Basketball league.



Mr S Howells
PE Teacher

Arsenal Ladies vs London City Lionesses Trip.

On Sunday 15th November, 30 Nobel students, accompanied by Mr Carolan, Ms Waites and Miss O'Reilly, to the Emirates Stadium to watch Arsenal Women take on London City Lionesses in the Barclays Women's Super League, a game which featured on Sky Sports!

This was an incredible opportunity for our students to be inspired by professional women footballers competing at the highest level of the domestic game, including a number of current and former international players. The atmosphere inside the stadium was fantastic, and students were excited to experience elite women's football in such an iconic venue.

We were fortunate to have outstanding seats directly behind the away substitutes bench, right next to the players' tunnel. This gave us a superb, close-up view of the action throughout the afternoon. The students were delighted to be so close to the players and fully appreciated the unique perspective of watching professional football from such an excellent location inside the Emirates Stadium.









The match got off to a flying start. Arsenal took the lead in the 10th minute when Frida Maanum finished from close range after excellent work by Alessia Russo. However, London City Lionesses responded almost immediately, with Isobel Goodwin scoring just a minute later to level the game at 1-1.

The remainder of the match was highly entertaining, with chances at both ends. Arsenal pushed hard for a winner, but former England goalkeeper Mary Earps produced a series of outstanding saves to deny the home side. Despite Arsenal's pressure, neither team could find a decisive goal, and the game finished 1-1.

Throughout the trip, both in the stadium and while travelling to and from London, the students showed exemplary behaviour and demonstrated true Nobelian qualities. They were a credit to the school, showing maturity, respect and enthusiasm throughout the day.

It was an absolute pleasure to take the students to London and provide them with the opportunity to experience top-level women's football. For some students, it was their first visit to the Emirates Stadium and a memorable sporting occasion that they will not forget. My thanks go to Ms Waites and Miss O'Reilly for their support throughout the trip, and to Mrs Munday for all her work behind the scenes in helping to organise such a successful event.

Mr R Carolan
Trip Leader
Head of Business and Economics

Introducing our Year 12 Science Subject Ambassadors.



We are delighted to introduce our new team of Year 12 Science Subject Ambassadors, who will be helping to inspire, support and engage younger students across the school throughout the year.

Our first photograph shows our Heads of Subject, representing Biology, Chemistry, Physics, Health and Social Care, Child Development and Applied Science. These subject areas are led by Noah and Tosan, who will help coordinate and support the ambassador team.

Our second photograph celebrates all of our Science Subject Ambassadors, who will be working together throughout the year to promote a love of Science and related subjects. Their roles will include supporting younger students through interventions, helping to run clubs and enrichment activities, contributing to Science Week and delivering assemblies. They will also act as positive role models, sharing their knowledge, enthusiasm and experiences of studying these subjects at A-level and beyond.

They have already made a fantastic contribution by supporting both our school Open Evening and Sixth Form Open Evening, helping to showcase the opportunities available to prospective students.

We are incredibly proud of all our ambassadors for taking on these leadership responsibilities and look forward to seeing the positive impact they will have on our school community.



Miss A Pearson
Head of Science

FONS

Key Dates:

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

Contact kymarthur@btinternet.com for more information

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 12 March 2027 7.00-9pm TBC

Other events Dining hall / Main Hall

Quizine

Fri 21 May 2027 7-10.00pm

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

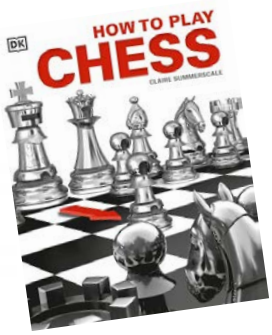
Secure your 100 Club number for the whole year for just £24 – that's only £2 a month!
Pay £2 a month by standing order over 12 payments, or £24 upfront for the year.

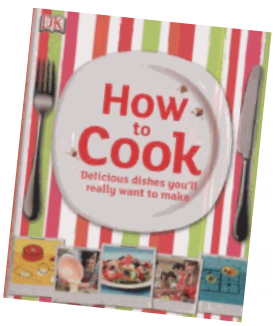
September
1st prize Tracy Sandy £16
2nd prize Keith Weekes £10
October
1st prize Maxine Allen £16
2nd prize Julie Pennington £10
November
1st prize Grace Thompson £17
2nd prize Lesley Lazenby £12

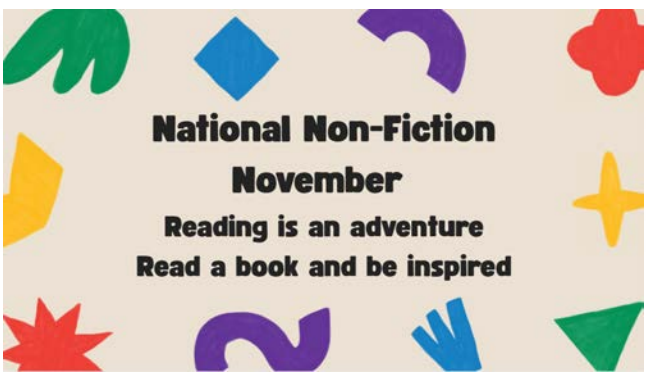
Library November Displays





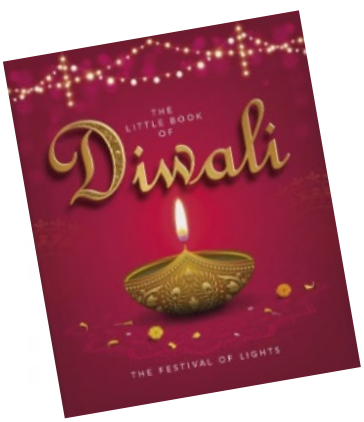


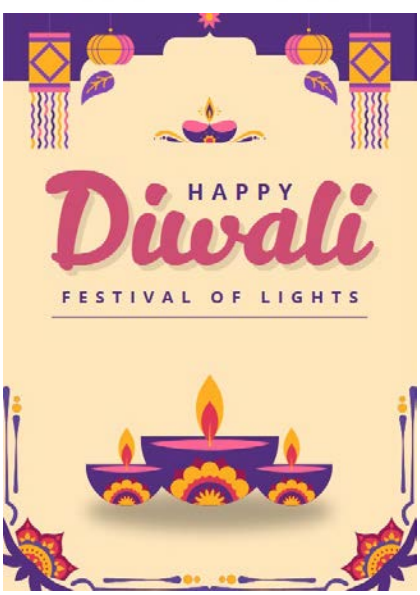


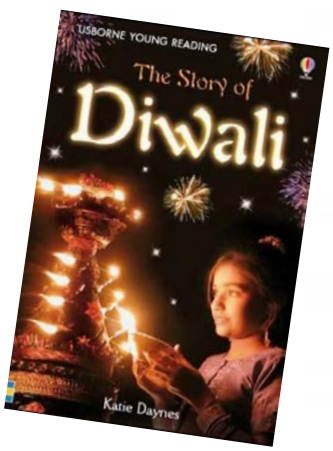












Library News

Christmas Advent Calendar Challenge

As we come to the end of the National Year of Reading 2026, we have an Advent Calendar in the library, with a difference.

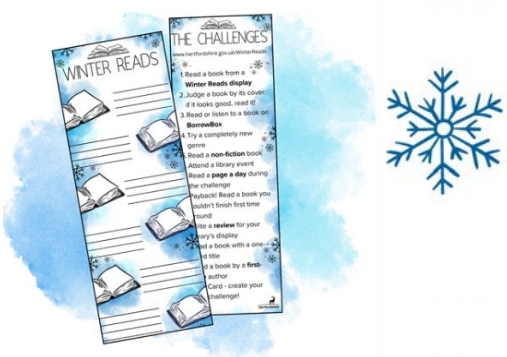
Every day, each number will reveal a reading or book related task for you to complete.

Are you ready for the challenge?

Pop in on December 1st and open the first door.







Hertfordshire Libraries
Hertfordshire County Council

Winter Reads

1 November 2026 – 31 January 2027

Complete 6 fun challenges through the winter months for a chance to win prizes!

Sign up for the challenge at your local library.



Mrs Hawke
Librarian

Library News

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

Accessit LIBRARY

Sparx Reader

whenever you need them

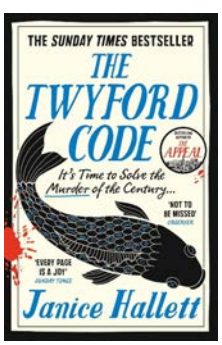
Our Genre focus for this week is Classics

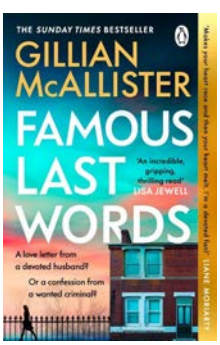


Many of your teachers will have read some amazing Classics. Why not chat to a teacher about the book you are reading.
Pop into the library for recommendations and to look at our display.

NOBEL SCHOOL, PARENTS, STAFF and COMMUNITY BOOK GROUP

The next meeting will be held in the library at 6.30pm on Tuesday 15th December.
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 23/11/26 - 04/12/26 the character focus is our Nobelian virtue of being RESILIENT.

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

Character Conundrum 6 – RESILIENT

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

Support

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

Questions

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

Developing Character.

For the two weeks between 7/12/26 - 18/12/26 the character focus is our Nobelian virtue of being POLITE.

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

Character Conundrum 7 – POLITE

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

Support

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

Questions

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

Warm regards,

Mr N Brown
Assistant Headteacher



My Story Survey for Stevenage

The *My Story* project brings creative professionals into libraries through a Creative in Residence programme, offering workshops, activities and opportunities for people to engage with creativity in their local library. These residencies could feature musicians, artists, writers, performers, makers, digital creatives and many other types of creative professionals, who would work with local communities through workshops and events.

We'd love to hear your views on the kinds of creative activities and professionals you would like to see in your local library.

https://forms.cloud.microsoft/e/c9Me5Q7QyH


The Nobel School
SPRING FAIR
Calling all Stall Holders
or
Activity Demonstrators
RESERVE YOUR SPACE NOW!
book your space for
Saturday 20th March 2027
11am - 3pm
Stall holders/Demonstrators spot £10
Stall holders for Charity £5
We would also like to showcase some
Local Activity by way of Demonstrations
such as:-
Line Dancing, Taekwondo, Maypole Dancing,
Morris Dance Group, Dance Troupes, Choir Singers,
Yoga/Aerobic group etc.
Please make contact by emailing:-
jane.nash@nobel.herts.sch.uk

Mental Health & Wellbeing Tea Afternoon at Nobel School

Thursday 3 December 2026
@ 3:15pm Nobel Library



We are delighted to welcome our guest speaker

Rasine Egbe

MHST Practitioner to talk about 'Spotting the early signs of anxiety'

Tackling difficult conversations

MOLLY ROSE FOUNDATION

10 tips you can take to tackling difficult conversations:

1. Open with curiosity and care

Begin from a point of genuine interest rather than fear or control. Let your child know you are asking because you care about how they are feeling and want to understand.

2. Choose the right moment or start with a gentle message

Pick a calm time, such as during a walk or while doing something together. If talking in the moment feels hard, you can send a soft message like, "I have noticed you seem a bit quieter lately and wanted to check in. Can we talk soon?"

3. Know when to use open or direct questions

Open questions help your child share freely what they are doing online. If you are worried about their safety, it's important to use direct and calm questions, such as, "Are you thinking about harming yourself?"

4. Be conscious of language

Avoid language that feels dismissive or places blame. Talking about suicide is difficult, and guides such as those from **R;pple** can help you choose words that support and do not harm.

5. Help your child feel heard and supported

Keep in mind that the aim is to help them feel listened to. Listen without judgement, avoid interrupting or answering for them so they feel safe to talk in their own time.

6. Respond to emotional cues

Notice how your child shows their feelings. Going quiet or withdrawing can suggest they don't feel listened to or are unsure how to answer. These cues can guide you to adjust your tone, pause or offer reassurance so they feel supported.

7. Acknowledge you do not have all the answers

Show that you are learning too. If something comes out wrong, you can say, "Let me try that again." Being open in this way helps show you want to support them on their terms and helps them feel safer and more understood.

8. Let the conversation unfold over time

Short, regular chats work well when tackling difficult topics. They can feel less overwhelming for both you and your child and help build trust. If you need to pause, you can agree a time to talk again.

9. Close with reassurance and trust your instincts

End by reminding your child that they are not alone and share support options like **Childline** or **Shout**. If something feels off, trust your instincts and seek further help.

shout 85258

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

10. Gently follow up

Check back in after the conversation, either in person or by sending a message. This shows your child that you meant what you said and that your support did not end with one talk.

If you're worried about a child's safety or wellbeing, then seek help and advice from the NSPCC Helpline 0808 800 5000 or Young Minds Parent Helpline on 0808 802 5544. You can also visit the 'Get Support' pages on our website for more advice – mollyrosefoundation.org

www.mollyrosefoundation.org | Registered Charity No:1179482

Youth Mental Health First Aid Training

FREE

MHFA England

1 day Champion course designed specifically for Hertfordshire Parent/Carers of 8 to 18 year olds.

You will learn:

- An understanding of common mental health issues and how they can affect young people
- The ability to spot the signs of mental ill health in young people, and guide them to a place of support
- Knowledge and confidence to advocate for mental health awareness
- Skills to support positive wellbeing

Friday 13 Nov 2026 9.30am to 4pm	Peartree Spring Primary School, Stevenage, SG2 9GG	Parents/Carers	Parking available on roads near venue
Friday 12 Mar 2027 9.30am to 4pm	Hobbs Hill Wood Primary School, Hemel Hempstead, HP3 8ER	Parents/Carers	Parking available on site

To book your place please email schoolsmh@hertfordshire.gov.uk

Places are limited to two representatives per education setting

Calling all Parents

Do you have a child with SEND?

FREE DROP IN SESSION



Come along to meet other parents, have a coffee/tea and hear about support and advice available in the SEND world

no booking or appointment needed

- Find out about local services
- Meet other families
- Advice and support

SERVICES ATTENDING:-

Herts MIND	Tracks
Supporting Links	Lending Space
Step2Skills	Home Start
Phoenix	SET Family Support
Angels	Well Being Junction
ADDvance	Herts Parent Carer
Family Centre	Involvement

DATES & VENUE: We are running the events between 9 -11am on:-

24th November Lodge Farm School, Stevenage, SG2 0HR
23rd March Mossbury School, Stevenage, SG1 5PA
15th June The Leys School, Stevenage, SG1 4QZ

Tel: 01438 233900 | Email: dspl2@peartreesprings.herts.ac.uk

DSPL2 Delivering Special Provision Locally

Intensive Family Support

Hertfordshire

Parent & Carer Support
Autumn Term 2026

Supporting Links
Promoting Strong Family Relationships

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

Supporting Links
Promoting Strong Family Relationships



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

Find us on Instagram | Find us on facebook | CGN parent | Funded by Hertfordshire County Council | Hertfordshire

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TALKING ADDITIONAL NEEDS

Supporting Links
Promoting Strong Family Relationships



Tuesdays 8.00-9.30pm ONLINE Course ID: 864
15-Sep, 22-Sep, 29-Sep, 06-Oct, 13-Oct, 20-Oct 2026

Tuesdays 9.45-11.15am ONLINE Course ID: 859
03-Nov, 10-Nov, 17-Nov, 24-Nov, 01-Dec, 08-Dec 2026

Wednesday 7.00-9.00pm F2F Course ID: 858
04-Nov, 11-Nov, 18-Nov, 25-Nov, 02-Dec, 09-Dec 2026
Venue: Longdean School, Hemel Hempstead

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

- **Understand your child's behaviour**
- **Develop strategies that really work**
- **Reduce conflict and increase co-operation**
- **Improve emotional regulation**
- **Explore sensory needs**
- **Increase child's resilience**
- **Manage the different needs within your family**

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

'I have been on a few courses to help me with my child but this was by far the most helpful'

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

07512 709 556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

Funded by Hertfordshire County Council | Hertfordshire

can parent

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

TALKING TEENS

Supporting Links
Promoting Strong Family Relationships



Wednesdays 7.45 - 9.15pm Course ID: 865
16-Sep, 23-Sep, 30-Sep, 07-Oct, 14-Oct, 21-Oct 2026

Wednesdays 7.45 - 9.15pm Course ID: 866
04-Nov, 11-Nov, 18-Nov, 25-Nov, 02-Dec, 09-Dec 2026

Courses delivered online via Zoom

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

- **The Teen Brain, the physical and emotional changes and why their behaviour changes.**
- **The link between behaviour and difficult feelings.**
- **Maintaining your relationship with good communication.**
- **Understanding risk taking behaviour around drugs, alcohol and gang culture.**
- **How to communicate during a conflict situation.**

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

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

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

07512 709 556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

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DSPL2 Delivering Special Provision Locally

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/

DSPL2 Delivering Special Provision Locally

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/



DSPL2 Delivering Special Provision Locally

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/

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