



# ROKEBY RECORDER

DARE TO BE THE BEST

Autumn Term 2020 | Issue 12

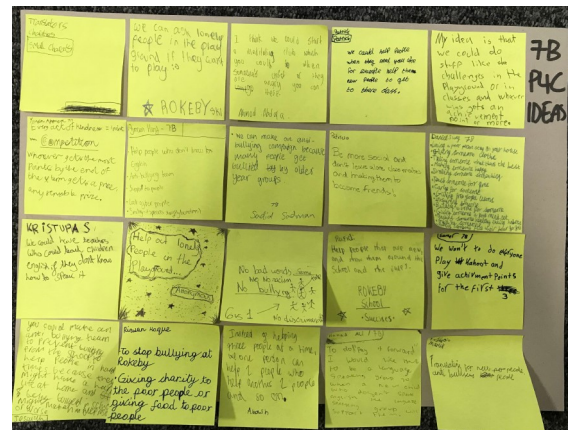
## KINDNESS: PAYING IT FORWARD

Our most recent Philosophy 4 Children (P4C) session focussed on the concept of kindness. All students take part in P4C every half term, which is an enquiry based form of learning and provides an opportunity for them to engage in thought provoking and constructive discussion on topical or philosophical issues.

Last week students discussed issues relating to kindness, happiness and the association between increased feelings of wellbeing and self-less acts such as donating money to charities. Students also learnt about the **Pay it Forward** movement, a simple but powerful concept which encourages people to perform random acts of kindness without expecting anything in return, except that they undertake a good deed for someone else.

**Muhammad 10K:** We learnt how small deeds can help society as a whole. We can all commit to small acts of kindness, especially now during the current pandemic, as so many people are affected by it. One small deed can have a big impact.

**Bishal 10R:** From a smile to donating to charity, every act of kindness helps. Pay it forward is the act of helping someone in need and then asking them to help others in return. This is such a great idea – it's easy to do but results in increasing the welfare of others far and wide.



7B's suggestions for student acts of kindness in school

## PAYING IT FORWARD IN ACTION

We are extremely grateful to two organisations who recently pledged donations to Rokeby's food bank.



**Newham Learning Partnership (NLP)** have provided a very generous donation of **£2,000**. After reading regular updates on our school Twitter account, Tom Walters, an NLP representative, got in touch with Mr Bashir to find out more about our food bank and how it works. Consequently, the NLP Board agreed to make a contribution. We would like to say a really big thank you to them as this support will go a long way in providing assistance to vulnerable families during this difficult time.

In addition, **Fountain Gate Chapel** have very kindly agreed to donate £100 a month, for the next 6 months. Mr Bulmuo, who works at Rokeby is also a senior pastor at the chapel. He says: "Giving is one of the world's most essential and life transforming acts which affects mankind holistically. As a church working with communities for the past 15 years, we are glad to support Rokeby as they continue to serve families through their food bank programme". We would like to extend our deepest gratitude to the Fountain Gate Chapel for their generous support.



Respect, Success, Passion for Learning, Personal Challenge, Harmony

# THOUGHT OF THE WEEK

*“Today is a good news day but there are challenges ahead”*



## CLICK & DELIVER

An exciting new library service is now available to all students.

At the click of a finger, students can go online to **select and reserve a book**, which will be **delivered** to them.

Please encourage your son to make the most of this service; we suggest all students read for pleasure for at least 20-30 minutes a day. There are so many reasons to read:

- \* **Reading makes you smarter:** research shows that students who regularly read outside the classroom achieve better results across all subjects at GCSE. Reading improves vocabulary, comprehension and grammar.
- \* **Reading makes you happier:** research shows that reading is good for your mental health. Regular readers have lower levels of both stress and depression, higher self-esteem and better quality sleep. **Ms Hendrickson**

## CALENDAR

**Thurs 10th - Weds 16th December**  
Year 11 Mock exams

**Friday 18th December**  
Last day of term

**Mon 21st Dec - Fri 1st January**  
Christmas holidays

**Monday 4th January**  
First day of term

[View all events](#)

## MINDFULNESS MEDITATION

*“You can’t change the past and you can’t predict the future but you can ruin the present by worrying about both. So stop, as the present is a gift”.*

Last week’s key stage assembly focussed on mindfulness and the power of reflection. Students were asked to take a quiet moment to engage fully in the present and to focus on small changes they can make today that will support their personal and academic growth. It was so inspiring to see students engaging in this activity. **Ms Zoe**



## ATTENDANCE & PUNCTUALITY

**Did you know:**

90% attendance over one school year = 4 whole weeks of missed lessons!

**How is YOUR tutor group doing?**

Congratulations to:

**7B with 99% attendance**

## ARTISTS OF THE WEEK



**Key Stage 3: Matas 7E**  
Paper collage & water colour response



**Key Stage 4: Marius 10B**  
Mixed media study



**Special mention: Chinemere 7E**  
*‘Callum’ Noughts and Crosses. Mixed media*

## WORD OF THE WEEK

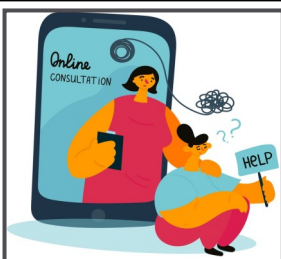
Can you find the meaning of the word below and make a sentence?

**Word: Filigree**

How about really challenging yourself and making a sentence in your language subject.

-  **Filigrane (m)**
-  **Filigrana (f)**
-  **филигранная работа**

## STUDENT SUPPORT



Feeling low, stressed or worried? Talk to KOOH online

Are you feeling sad, worried or low and don't know who to turn to? Rokeby's Wellbeing Team is here to support and advise you.

Email [wellbeing@rokeby.newham.sch.uk](mailto:wellbeing@rokeby.newham.sch.uk)

Once you have made your sentence(s), see your English teacher and/or your language teacher for an achievement point.