



A Mathematics and Language School, Barking Road, London E16 4DD **Headteacher:** Charlotte Robinson

Telephone: 020 7540 5620 **Email:** info@rokeby.newham.sch.uk

28th May 2021

Dear Parents / Carers

At Rokeby School we are keen to promote healthy living and mental wellbeing for all our students. This year we will be holding our annual Health Awareness Week during the week beginning 7th June 2021.

This week-long programme will provide students with the opportunity to participate in a range of physical activities, learn strategies to deal with positive physical and mental wellbeing as well as explore the benefits of improved lifestyle choices through the curriculum.

Each year group will have a dedicated day off timetable to participate in activities. On this day, students are permitted to arrive at school in PE kit.

Monday 7th June	Yr7 EBY - Outward Bound activities
Tuesday 8th June	Yr7 ROK - Outward Bound activities
Wednesday 9th June	YR 9 - Born for Sport activities
Thursday 10th June	YR 10 - Born for Sport activities
Friday 11 June	YR 8 - Born for Sport activities

If you have any questions please feel free to contact me at school.

Yours sincerely

E Hobbs
Deputy Headteacher

