



ROKEBY RECORDER

DARE TO BE THE BEST

@Rokeby_School

@RokebySchoolE16

Issue 31 | Summer Term 2022

ROKEBY'S STARS MEET THE STARS



Rokeby is very proud to have been awarded Healthy Relationships school status from [Tender](#). We are now one of only five schools in London to have received the award. Mr Galoria and Ms Cates attended a glamorous awards ceremony, at the prestigious BAFTA building, 195 Piccadilly. The event was hosted by the multi-award winning actresses Rachel Weisz and Olivia Coleman. To top it all off both members of staff left with the Outstanding Teacher awards!



Ms Cates with Rachel Weisz



Meanwhile Mr Sarumi and Syam (9Y) were mixing with royalty at a lavish event at historic Hever castle in Kent. Rokeby was invited to attend the [Outward Bound Trust's](#) Summer Gala to talk about our work with the charity. It was a star-studded event presented by Her Royal Highness Princess Beatrice. We really impressed our audience and it proved to be a fantastic networking event, which has resulted in some donors pledging to work with the school moving forward.



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

SUMMER CONCERT



Rokeyb's third and final performance of the year was a great success and featured music from around the world. Well done to everyone involved but a special mention to the Year 10 band who learnt to sing in Ukrainian and performed a rendition of the Kalush Orchestra's *Stefania*. Our audience was also very impressed with the spoken word and devised pieces performed by the Student Equalities Group which touched on themes such as the importance of music and combatting racism.



NCST SPELLING BEE CHAMPION

Rokeyb hosted the [NCST](#) Spelling Bee final which featured our students going head to head with their peers from Eastlea and Sarah Bonnell in a competition to find the Trust's French and Spanish language spelling champions. Congratulations to Jacob (7Y) who was crowned the winner for Spanish. You gave a very confident and faultless performance.



AWARDS EVENING

Awards evening showcased the fantastic and inspiring successes of students from across the school. Subject awards were presented, as well as whole school awards for a range of achievements including embodying the school's values, progress in the accelerated reader scheme, Year Coordinator awards for excellent behaviour and the highest achiever and attainment awards for each year group.

A particular well done to Norbert (10K) who received the Ian Richardson award for outstanding progress. The award, named after a much respected Governor, recognises students who have overcome their challenges to grow, progress and believe in themselves.

KEY STAGE 3 GRADUATION



Year 9 students attended their graduation ceremony this week. Each student was presented with a graduation certificate and a progress folder, which they will use in KS4 to file all their achievements and awards. Thank you to Fred (90) for his motivational speech to his peers and to three fabulous ex-students who returned to Rokeby (Hassan, Rabi & Kamer) and spoke to the Year 9s about the importance of focus, consistency and making the most their opportunities over the next two years.

FREE SUMMER ACTIVITY PROGRAMME.



25 July – 2 September 2022

25 July – 5 August
@ Queen Elizabeth Olympic Park

EAST SUMMER SCHOOL 2022

Sign up for free in-person courses for 12 – 17 year olds in performing arts, digital, media, engineering and more

Click [here](#) to view Newham’s Summer Programme of activities

Click [here](#) for information on East Summer School’s programme

Click [here](#) for REIN’s Summer Activities

Click [here](#) for information on where children & young people can eat for free (or for £1) over the holidays

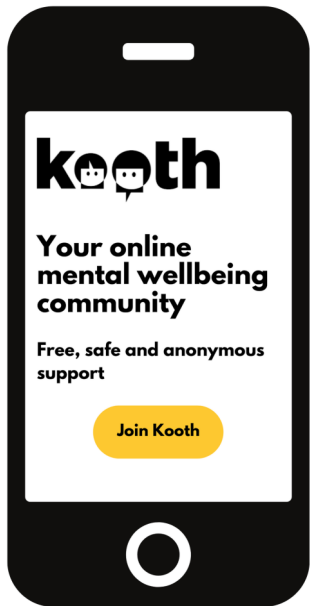
FREE SCHOOL MEAL VOUCHERS

Families in receipt of free school meals will receive a £60 voucher for each child to cover the summer holidays. Please look out for an email that should be sent out towards the end of next week and which will include a code and instructions on how to redeem the voucher.

SEPTEMBER 2022

Please note the start days and times below for each year group:

- Year 7:** Friday 2nd September at 8.30am
- Year 11:** Friday 2nd September at 9:45am
- Year 8, 9 & 10:** Monday 5th September at 8:30am



Mental health support resources for young people

HEAD START NEWHAM

List of mental health support resources available across Newham.

- BOUNCEBACK ONLINE**
Bounceback online promotes positive wellbeing and resilience in young people from home.
bouncebacknewham.co.uk
- kooth**
Safe and anonymous online counselling and support for young people.
https://www.kooth.com/
Available weekdays 12-10pm
- SAMARITANS**
Provides confidential emotional support for anyone who is struggling to cope.
www.samaritans.org
Available 24hrs a day, 7 days a week
Call 116 123, text 07725909090
- childline**
Private and confidential service where young people can talk about anything 24/7.
childline.org.uk
08001111
- Believe in children**
Provides support to young people affected by abuse and those living in care.
barnardos.org.uk
- YOUR TIME**
Offers support for young people who are affected by the uncertainty the coronavirus pandemic brings to their daily lives.
02033739983
your.time@newham.gov.uk
- YOUNGMINDS**
Offering mental health support for young people around bullying, body image and more.
https://www.youngminds.org.uk
08088025544 available weekdays 12-10pm
24/7 crisis messenger: text YM to 85258
- Beat**
Support for young people suffering from an eating disorder or experiencing any symptoms.
beateatingdisorders.org.uk
Available 9am-8pm weekdays, 4pm-8pm weekends. Call 0808 801 0711
- PAPYRUS**
Support for young people dealing with suicide, depression, or emotional distress.
Papyrus-uk.org
Weekdays 10am-10pm, weekends 2pm-10pm
Call 08006084141 text 0778609697
- myh**
Provides support at the point of crisis for young people who need emotional support and signposting.
myh.org.uk/helpline 08008082008

Mental health support resources for young people

HEAD START NEWHAM

List of mental health support resources available across Newham.

- mind**
Supports young people with understanding and looking after their mental health and wellbeing.
www.mind.org.uk
Call 03001233393 text 86463
Available weekdays 9am-6pm
- THE MIX**
Under 25s helpline for any challenges young people might be facing
www.themix.org.uk
Text: THEMIX to 85258 anytime
Call: 0808 808 4994 7 days a week 4pm to 11pm
- Newham Talking Therapies**
Newham talking therapies offers a range of free and confidential talking therapies and specialist support to help you feel better.
https://www.newhamtalkingtherapies.nhs.uk/
Self referrals: 020 8475 8880 Monday to Friday 9am-5pm or online form.
- STUDENTS AGAINST DEPRESSION**
STUDENTS AGAINST DEPRESSION Advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking.
https://www.studentsagainstdepression.org/
- Anna Freud National Centre for Children and Families**
Offers information, advice and resources to help young people support their own mental health.
https://www.annafreud.org/on-my-mind/
0207742313
info@annafreud.org
- AnxietyUK**
Provides support for those suffering from anxiety disorders.
anxiety.org.uk
08444775775 Available weekdays 9:30am-5:30pm or text 07537416905

CALL 999 FOR EMERGENCIES

For more support and helplines, please visit https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/