



# ROKEBY RECORDER

DARE TO BE THE BEST

@Rokeby\_School

@RokebySchoolE16

Issue 3 | Autumn 2022

# STUDENT WELLBEING

Rokeby works hard to support students' emotional and mental health and our commitment to this was recognised when we received the **School Mental Health Award** from the **Carnegie Centre of Excellence**.

Within school we promote a culture in which students feel supported and are able to share concerns when they arise. We do this by raising awareness of mental health issues to remove stigma and misconceptions and to promote an atmosphere of positivity and acceptance. Crucially, we also work closely with professionals who can support students when they're facing difficulties. Our **Mental Health Support Team** includes professionals from both CAMHS and the Place 2 Be.

## ROKEBY'S MENTAL HEALTH SUPPORT TEAM



The [Place2Be](#) is a children's mental health charity which has over 25 years' experience of working with students, families and schools across the UK.

**Irina Stevens** will be our Mental Health Practitioner, working two days a week (Wednesdays and Thursdays). Irina will work with students who are struggling with anxiety, low mood or anger and will provide 1-1 and group counselling.

## NEWHAM MENTAL HEALTH SUPPORT TEAM (MHST) AT ROKEBY



*It's been great to work at Rokeby and I've enjoyed getting to know the school and the fantastic students. Thank you to the staff who have supported me here. I'll be moving on to other schools in Newham, but leaving you in the very capable hands of my colleague, Harry.*  
Elinor Lobley



*Hi, my name is Harry Clucas, I am a trainee CBT Therapist. I have recently joined Rokeby and really looking forward to meeting some of you. I support people with their emotional well-being and anything they may be experiencing at school and at home. Feel free to come up to me and ask me a question if you see me, I am always happy to meet new people and tell them about what I do!*  
Harry Clucas

What the MHST offer:

- 1:1 guided self-help over 8 weeks around anxiety or low mood
- Workshops and education around mental health
- Group interventions around topics like exam stress
- Signposting to other services

Contact Emma Hobbs or email [wellbeing@rokeby.newham.sch.uk](mailto:wellbeing@rokeby.newham.sch.uk) for more information

## MENTAL HEALTH RESOURCES

**Mental health support resources for young people**

List of mental health support resources available across Newham.

- Bounce Back**: Bounceback online promotes positive wellbeing and resilience in young people from home. [bouncebacknewham.co.uk](https://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](https://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](https://www.childline.org.uk) 08001111
- Believe in Children**: Provides support to young people affected by abuse and those living in care. [barnardos.org.uk](https://www.barnardos.org.uk)
- YOUR TIME**: Offers support for young people who are affected by the uncertainty the coronavirus pandemic brings to their daily lives. 02033735963 [your.time@newham.gov.uk](mailto:your.time@newham.gov.uk)
- YOUNGMINDS**: Offering mental health support for young people around bullying, body image and more. <https://www.youngminds.org.uk> 0800225544 available weekdays 12-10pm 24/7 crisis messenger: text YM to 85259
- Beat**: Support for young people suffering from an eating disorder or experiencing any symptoms. [beateatingdisorders.org.uk](https://www.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](https://www.papyrus-uk.org) Weekdays 10am-10pm, weekends 2pm-10pm Call 0800684141 text 0778609697
- myh**: Provides support at the point of crisis for young people who need emotional support and signposting. [myh.org.uk/helpine](https://www.myh.org.uk/helpine) 0800882008

Click on the image above for links to resources.



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



# YEAR 9 TEXTILES

Year 9 students have been developing their textile designs by using graphic design to create patterns. Above are some of their amazing creations which will be printed onto fabric using a heat press before being made into lanterns.



## 3D DESIGN



Year 11 3D Design students have had a productive start to the year. Taking inspiration from the iconic Glaswegian designer, Charles Rennie Mackintosh, they have been developing and making their own chair designs in preparation for their exam project, which will be released in January.



## DATES FOR YOUR DIARY

**Year 10 Parent Information Evening**  
With Key Stage 4 staff  
Thursday, 29th September @ 4:00pm

### Parent Information Session: Behaviour & Class Charts

With Ms Hobbs, Deputy Headteacher  
Thursday 6th October @ 9:30am

### Parent Information Session: Literacy at Key Stage 3

With Ms Hendrickson, Assistant Headteacher  
Thursday, 13th October @ 9:30am

### Year 7 Parent/Carer Drop-in

With Ms Ward, Yr 7 Coordinator  
Monday, 17th October @ 9:30am

## INFORMATION & SUPPORT

**Job Opportunities: Juniper Ventures** provides Rokeby's catering services. Click on the image below for further information on current job vacancies.

Looking for well paid, part time work that fits round your children's school day?

We are currently recruiting for school catering and cleaning staff with several vacancies in schools and public buildings across Newham and neighbouring boroughs.



We are a local catering & cleaning company providing professional services across schools & public buildings in East London.

If you are a friendly team worker, physically fit, with an ability to speak & read English, looking for a regular role then we could have the job for you.

#### Catering Opportunities

Our shifts are usually 2 hours per day 11am – 1pm, term time only & we are recruiting to posts with a fixed base site as well as to a pool of float staff (minimum contract of 10 hours per week guaranteed).

You will be responsible for the efficient preparation & serving of school meals & will need to work as directed by the Chef Manager to deliver an outstanding catering service.

We offer a great range of benefits including hourly rates of £11.05 per hour (in line with LLW) with a great pension scheme and term time only working to suit candidates who have childcare responsibilities.

#### Cleaning Opportunities

Our shifts are usually 3 hours per day in the afternoon from 3pm & we are recruiting to posts with a fixed base site as well as to a pool of float staff (minimum contract of 15 hours per week guaranteed).

You will be responsible for the efficient cleaning of schools or public buildings & will need to work on your own initiative ensuring the highest standards of cleaning are maintained at all times.

We offer a great range of benefits including hourly rates of £11.05 per hour (in line with LLW) with a great pension scheme & generous annual leave.



### [Newham Parent Connect Newsletter](#)

A monthly newsletter for parents & carers detailing information, support services and activities for families in the borough.

### [Newham Family Navigators](#)

Family navigators support families with signposting and accessing local services.

### [Newham Educational Psychology Service \(EPS\)](#)

Newham's EPS offers phone-in advice sessions for any Newham parent/carers who has concerns about their child.

### [Support for families concerned about winter fuel costs](#)

Includes information on Our Newham Money and the GLA Warmer Homes Programme.



## EXTRA-CURRICULAR ACTIVITIES

Autumn Term 2022

[Autumn term extra-curricular activities](#)

[Year 11 Intervention Timetable](#)

# DARE TO BE THE BEST

## YEAR COORDINATOR AWARD

w/c 26th September 2022

Proudly presented to:

**Tosif Omer 7R - Catalin Arapan 8K - Ajmain Hanif 9B -  
Illia BESPALCHUK 10Y - Abubakr SAEED 11B**

For displaying the characteristics of our school motto - well done!

**MS WARD**  
YEAR 7 COORDINATOR


**MR VIRK**  
YEAR 8 COORDINATOR

**MR BASHIR**  
YEAR 9 COORDINATOR

**MR SARUMI**  
YEAR 10 COORDINATOR

**MS HUSSAIN**  
YEAR 11 COORDINATOR



“  **THOUGHT OF THE WEEK**  
Few things help an individual more than to place responsibility upon him and to let him know you trust him.  
- Booker T. Washington - ”

 **Breakfast Club**  
Every morning in the dining hall  
**07:30 - 08:15**  
**FREE**



# THIS WEEK IN HISTORY

**25th September 2011:** Kenyan politician and environmental activist Wangari Maathai, who was the first Black African woman to win a Nobel Prize, died aged 71.

**29 September 1961:** Julia Gillard, Australia's first female prime minister, was born in Wales.