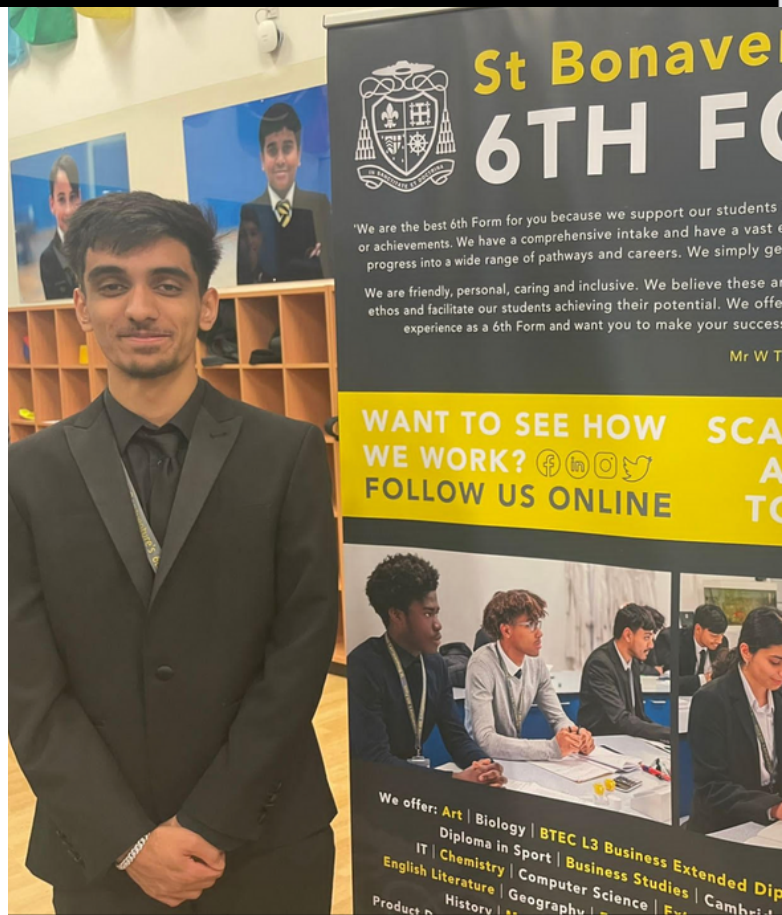


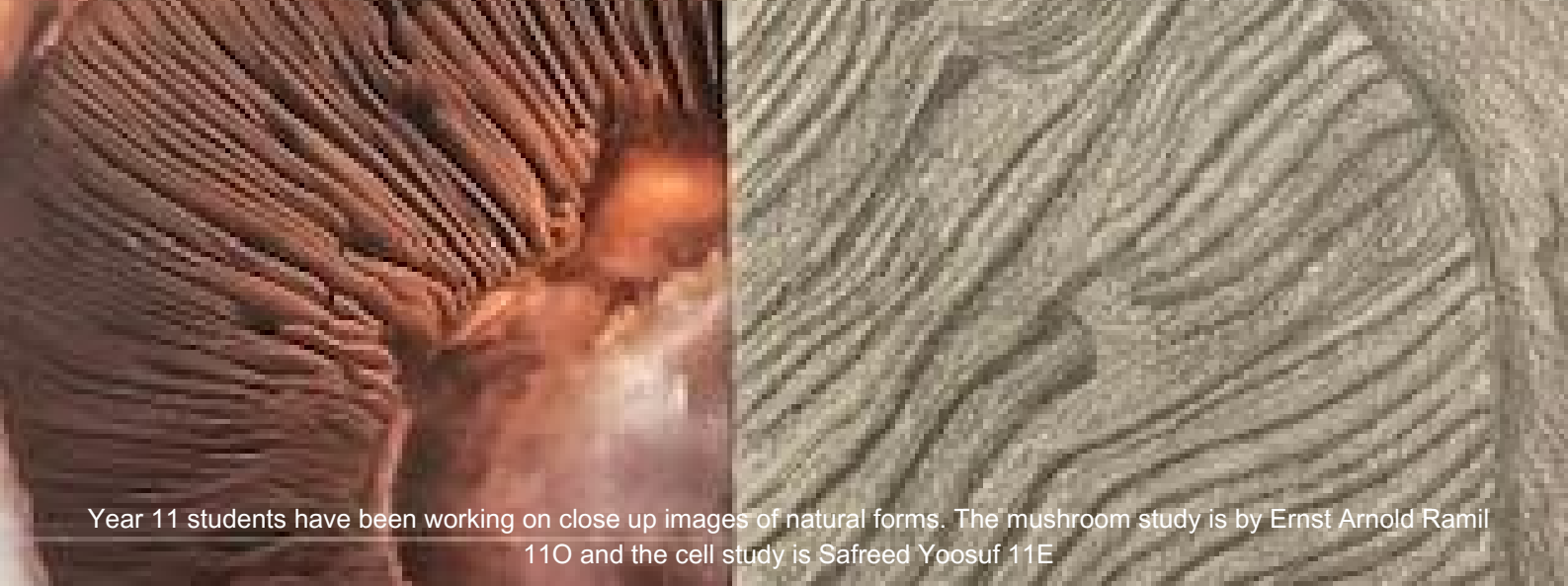


ROKEBY RECORDER

DARE TO BE THE BEST

Issue 5 | Autumn 2023





Year 11 students have been working on close up images of natural forms. The mushroom study is by Ernst Arnold Ramil 11O and the cell study is Safreed Yoosuf 11E



Konstantin Momchilov 9Y is designing petri dishes. He will be making textile work based on these initial design.



Black History Month Movies 2023

YEAR 7&8



Tuesday 17th October Years 7&8
3pm Main hall



YEAR 9



Thursday 19th October Year 9
3pm Main hall

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

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

The Jack Petchey Foundation was set up to inspire and motivate young people across London and Essex by providing exciting projects and programmes for them to get involved in. We also recognise the outstanding achievements of today's young people by awarding them for their hard work and positive impact in their community.

Every month we celebrate a student at Rokeby who embodies our values. The September winner for Transition is Rafid Hossain 7Y referred by Ms Allen.



The Bikeability Trust

On-Road Bikeability cycle training for students aged 9 years and over. Classes consist of four afternoons of training. Please ensure your son can attend the full 4-day course before booking. If he does not have a bike, please notify us on the consent form, and we can arrange for one to be borrowed. Cycle helmets must be worn. CHILDREN MUST BE ABLE TO RIDE CONFIDENTLY WITHOUT STABILISERS (if not, please see our Complete Beginner and Improver courses). Places are available on a first come first served basis and there are up to eight places in a group. This course is based at Stratford School on Monday 23 Oct 2023, 12:45-15:00, Tuesday 24 Oct 2023, 12:45-15:00, Wednesday 25 Oct 2023, 12:45-15:00 and Thursday 26 Oct 2023, 12:45-15:00. To book a space visit <https://www.cycleconfident.com/events/09ab4789-5a08-4c39-ba73-77cd82700eff/>

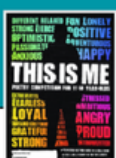


Poetry Writing Competition

This Is Me: I Am... encourages our students to express themselves through poetry. With no limits on theme, length or poetic style, this competition gives them the opportunity to take control of what and how they want to write.

Entry closes Friday 20th October 2023

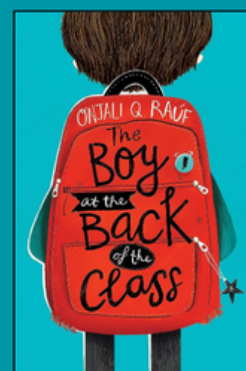
Please see Mr Bailey in F17 for an entry form. Alternatively, you can upload the poems to the website - visit www.youngwriters.co.uk



Rokeby Recommends

The Boy at the Back of the Class by Onjali Q. Rauf

When a new boy joins their class, a group of children try to befriend him. They soon learn that Ahmet is a refugee and has been separated from his family.



chiaroscuro

What It Means

the use of areas of light and darkness in a painting.

"Her black dress, long dark hair and features are rendered using chiaroscuro."

Personal challenge - try to use this word as many times as you can this week.

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

DINEin

JUNIPER

ROKEBY SCHOOL



MENU WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
 MARKET FRESH	Sweet Chilli Meatballs with Rice ND	Lamb & Lentil Lasagne with Garlic Slice	Roast Chicken & Herby Stuffing served with Roast Potatoes	Bolognese Pasta Bake with Focaccia Slice	Fish in Batter with Chips
 GLOBAL CLASSICS	Quorn Dippers with Sweet & Sour Sauce & Egg Noodles Y	Mediterranean Vegetable Lasagne with Garlic Slice Y	Roast Vegetable Tart served with Roast Potatoes Y	Wholemeal Spinach & Ricotta Pasta Parcels Y	Cajun Spiced Vegetable Stew with Chips PB
 STREET FOOD	Quorn Soft Shell Taco with Rice ND Y	Moroccan Style Vegan Rice with Vegetable Samosa PB	Vegetable Balls with Sweet Chilli Noodles PB	Indian Rice Bowl with Onion Bhajis & Yoghurt & Mint Sauce Y	Chicken Fajita with Peppers, Salsa & Natural Yoghurt
 SUGAR SMART DESSERTS	Raspberry Ripple Ice Cream Sponge Roll	Frozen Yoghurt with Fruit Salad	Apple Crumble with Vanilla Ice Cream Y	Peach Melba Cake with Custard Y	Belgian Style Waffle with Fruit Salad

KEY: Y Vegetarian PB Plant Based ND New Dish Y Sugar Smart

All Meat Served is Halal (un-stunned)

AVAILABLE DAILY WITH ALL MEALS • SEASONAL VEGETABLES • SALAD SELECTION • ADDITIONAL BREAD •

Further information regarding FOOD ALLERGIES is available on request. Please discuss with your Chef Manager or contact us: admin@juniperventures.co.uk or 0203 373 3921

YUM
 TASTY
 INGREDIENTS
 HEALTHY
 ZINGY
 EAT
 TOGETHER
 WELL
 HEART WARMING
 RELAX
 WELL BEING
 HYDRATE
 YOURSELF
 FOOD IS FUEL
 DELICIOUS
 APPETIZING
 SAVOURY
 SWEET
 BALANCED
 MOUTH WATERING
 BRAIN FUEL
 H2O
 FOOD GROUPS
 PROTEIN
 FRESHLY
 MADE
 NATURAL LOCAL
 ENJOY
 NUTRITIOUS
 HAPPINESS
 LIFESTYLE & WELLNESS

Newham Cross Country Championships



Congratulations to the Rokeby Cross Country team for their fantastic efforts this week. We are very proud to have four students qualify to represent Newham in the London Youth Games this year with two other students narrowly missing out by 1 and 2 positions. Well done to everyone involved.

Year 9 Newham Cup Football 1st Round vs School21

Congratulations to the Y9 football team for an energetic win against School21 in the first round of the Newham Cup. Two goals from Abdulmarteen and another from Desmond, as well as a solid performance from man of the match Destiny at left back confirmed the fantastic win. Morse's magician award goes to Sarim for his electric performance in midfield. Well done everyone!



We are running a half term sports programme for our students. More details will be available to students next week.

You can follow us on X (Twitter), Facebook and Instagram

@Rokeby_School

RokebySchoolE16

@RokebySchoolE16

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