



ROKEBY RECORDER

DARE TO BE THE BEST

Issue 8 | Autumn 2023



Why not take on the DofE and show that nothing can hold you back. It's the perfect way to try new things, meet new people, discover new talents, learn new skills, give to your community, feel more confident, make a difference, recognise your potential and boost your wellbeing. Dare to be the best!

What's involved?

There are three levels of Award – Bronze, Silver and Gold. We are offering the Bronze Award. You need to complete four sections – Volunteering, Physical, Skills and the Expedition. What you do is up to you. From surfing to salsa dancing, coding to candle making, bee keeping to BMXing, it's your call. The expedition lasts two days and one night and you get all the support you need to make sure you are fully prepared.

Who's it for?

Everyone! DofE is non-competitive and everyone aged 14-24 is welcome, whatever your interests, background and abilities. It's about finding the confidence to be yourself and knowing that when things get tough, you can find a way through. So what are you waiting for? Find out more and sign up for DofE by contacting Mr Ager who is the Rokeby School DofE Coordinator - jake.ager@rokeby.ncltrust.net

U15 Basketball vs London Stars

Congratulations to the Y10 basketball team for their brilliant performance last Thursday evening. A great effort from everyone involved saw the team narrowly miss out on the win in the very competitive match against the London Stars. Special congratulations to Ian Dumelod for his vital contributions in his first match for Rokeby School and to Misbah Abdallah for his outstanding performance as captain.



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

Year 8 Art
Double exposure photo editing.

This term year 8 are looking at the industrial past of Canning Town and its surrounding areas, particularly the Tate and Lyle sugar factory in Silvertown.

As part of the project students looked at Charles Sheeler's double exposure photographs of industrial landscapes which have inspired these excellent outcomes!

Over the next few weeks year 8 will use these images to inspire large scale paintings to keep an eye on the Art corridor for the future display!



Charles Sheeler's
 Double exposure photography



Image 1 - Samiun 8R
 Image 2 - Muhammed Younes 8R



Image 3 - Richard 8R
 Image 4 - Rahul 8R

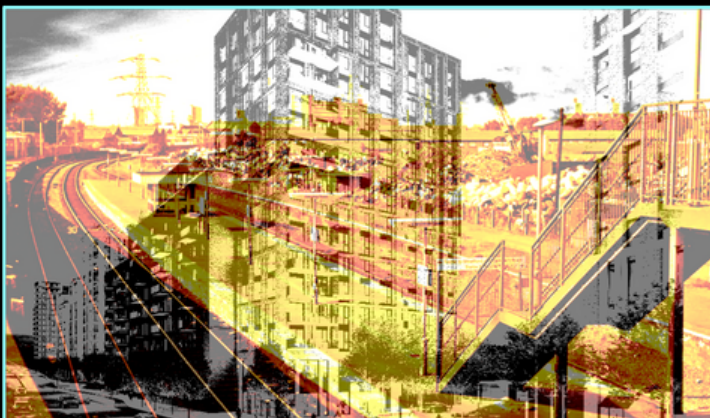





Image 5 - Angelus 8R
 Image 6 - Nahid 8R



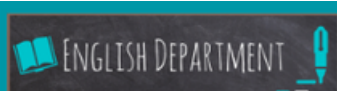
Y11 Mock Exams

	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 1st
Period 1	Normal Lesson	GCSE PE (47) 1hr	Music (9) 1hr	Normal Lesson	Art (27) & Textiles (12) All Day
Period 2 & 3	English Language (166) 1hr 45	RE (166) 1hr 45	Maths Non Calculator (166) 1hr 30	Physics (166) 1hr 10/1hr 45	Art (27) & Textiles (12) All Day
Period 4 & 5	Spanish Writing (108) 1hr 20	Drama (23) 1hr 30	History (51) 1hr 20	Geography (26) 1hr 30	Art (27) & Textiles (12) All Day
* When you are not involved in an exam you must go to your normal lessons*					
	Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th
Period 1	Normal Lesson	Normal Lesson	Normal Lesson	Normal Lesson	3D Design (20) All day
Period 2 & 3	Chemistry (166) 1hr 10/1hr 45	Design Technology (25) Food & Nutrition (17) 2hr/1hr 45	English Literature (166) 1hr 45	Maths Calculator (166) 1hr 30	3D Design (20) All day
Period 4 & 5	Computer Science (67) 1hr 30	Sociology (56) 1hr 45	French Writing (54) 1hr 20	Computer Science (67) 1hr 30	3D Design (20) All day

 Congratulations to the Bedrock Race for Reward Winners:

 Faaz Ahmad (7B)
Robiul Tapadar (8R)
Hanif Adebayo (9K) 

Well done for your exceptional effort and well done to everyone who rose to the challenge!



Young Writers Competition.

A sudden shift, a twist of fate, and bam! Everything changes!

Create a 100 word story based on a fictional 'glitch' which changes the world forever.

Entry closes Monday 18th December 2023

Please see Mr Bailey in F17 for an entry form. Alternatively, you can upload your entries to the website - visit

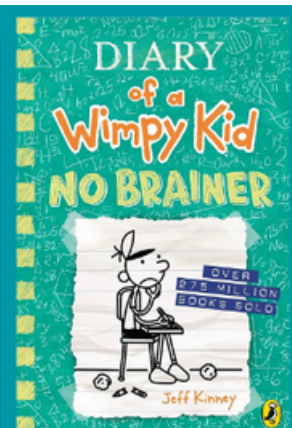
www.youngwriters.co.uk



Rokeby Recommends

Diary of a Wimpy Kid - No Brainer by Jeff Kinney

Up until now, middle school hasn't exactly been a joyride for Greg Heffley. So when the town threatens to close the crumbling building, he's not too broken up about it. But when Greg realizes this means he's going to be sent to a different school than his best friend, Rowley Jefferson, he changes his tune.



Malfeasance

What It Means

An example of dishonest and illegal behaviour, especially by a person in authority.

"Several cases of malpractice and malfeasance in the financial world are currently being investigated"

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

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Music Clubs: Lunchtime and After School

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:00	KS3 Drum Club	Year 11 Drop-In	Rokeby Ensemble 7s, 9s, and 11s	Closed	Year 11 Drop-In
13:00	Closed	Year 10 Drop-In	Rokeby Ensemble 8s and 10s	Year 10 Drop-In	Closed
14:45	Meetings	Keyboard Club	Closed	Closed	Flute Group

The Drum, Keyboard & Flute Clubs are open to all students from Year 7 - 11



Parents & Carers

Exploitation, Gangs & Knife Crime Awareness

The Ben Kinsella Trust are pleased to release brand new dates of this popular UK wide online workshop. Parenting children and young adults is hard, sometimes it can be scary and overwhelming with news stories and social media influencing how safe we feel our children are and the risks they may face in today's climate. Join this FREE workshop on Thursday 16th November & Thursday 23rd November (7pm-9pm) on Zoom to learn more about what is regular teenager behaviour or what might be signs that a young person is being groomed or exploited. Click the link here to book a space.

<https://benkinsella.org.uk/parents-carers-workshops/>

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Tuning in to Teens®

In the Spring Term of 2024 we will be offering a new six week programme for parents and carers of young people



Would you like to:

- Better understand your teen?
- Communicate more effectively with your teen?
 - Help your teen manage their emotions?
 - Prevent behaviour challenges in your teen?
- Support your teen to manage conflict effectively?

Our six week Tuning into Teens® programme teaches parents/carers how to help their teen develop emotional intelligence.

Teenagers with higher emotional intelligence:

- Have more stable and satisfying relationships
 - Are better at managing peer pressure
- Are lower risk of mental health and substance concerns
 - Have greater success making friends
 - Are more able to manage conflict
 - Have greater career success

Where? Rokeby School

Who will lead the programme? Lucy Robertson and Kelly Golding, from South East Psychology

When? 17th January, 31st January, 7th February, 21st February, 28th February, 6th March 2024 from 1pm-2:30pm

If you would like to book a place contact : rita.woollery@rokeby.ncltrust.net

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DINEin

YOUR WAY



Rokeby School

MENU WEEK 1

Monday

Tuesday

Wednesday

Thursday

Friday



**MARKET
FRESH**

Sweet Chilli
Meatballs
with Pasta

Lamb & Lentil
Lasagne
served with
Garlic Bread

Roast Chicken
& Stuffing
served with
Roast Potatoes

Shepherd's Pie

Fish in Batter
served with Fries



**GLOBAL
CLASSICS**

Piri Piri Chicken
Tacos with Red
Cabbage 'Slaw
& Salsa

Sri Lankan Fish
Curry
with Rice

Cheese & Leek
& Broccoli
Flan served with
Roast Potatoes

Plant Based
Pasta Bolognese
& Mixed Bean
Bake

Veggie
Quesadilla with
Fries

ND



PB



**STREET
FOOD**

Quorn
Frankfurter
Hot Dog



Vegetarian
Koftas in
Flatbread with
Greek Salad



BBQ Chicken
Flatbread
served with
Coleslaw

Soy, Honey &
Ginger Noodle
Bowl

PB

Southern Fried
Quorn Wrap with
Salsa & Fries



**SUGAR SMART
DESSERTS**

Frozen Yoghurt
with Fruit

Banana Slice*
(egg free)

ND



Cinnamon
Rice Pudding



Apple Crumble
with Custard



Fruit Salad
served with
Ice Cream

KEY: Vegetarian Plant Based New Dish Sugar Smart

All Meat Served is Halal

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

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