



ROKEBY RECORDER

DARE TO BE THE BEST

Issue 11 | Autumn 2023



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

Canning Town and Custom House Neighbourhood Intergenerational Christmas Event

A multi-talented group of Rokeby students visited the Canning Town and Custom House residents' tea party on the 4th of December. The enthusiastic Food and Nutrition students made delicious Christmas cakes, biscuits, mince pies and served Christmas treats to over sixty people at their afternoon Christmas Tea Party. They were also given some special Christmas cards.

Everyone had a fantastic time as they enjoyed the food, company and the interactions with the each other. Stories were shared across the generations and the positive impact was visible for everyone involved. The residents and organisers were very excited and grateful for the students' contribution throughout the event. We have been invited to visit again and are already looking forward to the next event.

Y9 Football v Royal Docks



Congratulations to our year 9 footballers for their fantastic performance on a very cold playing field. A solid performance from player of the match Dominic Arthur in midfield kept the strong Royal Docks defenders busy.

A special mention to Yasin Hussain for his brilliant performance on the left wing.

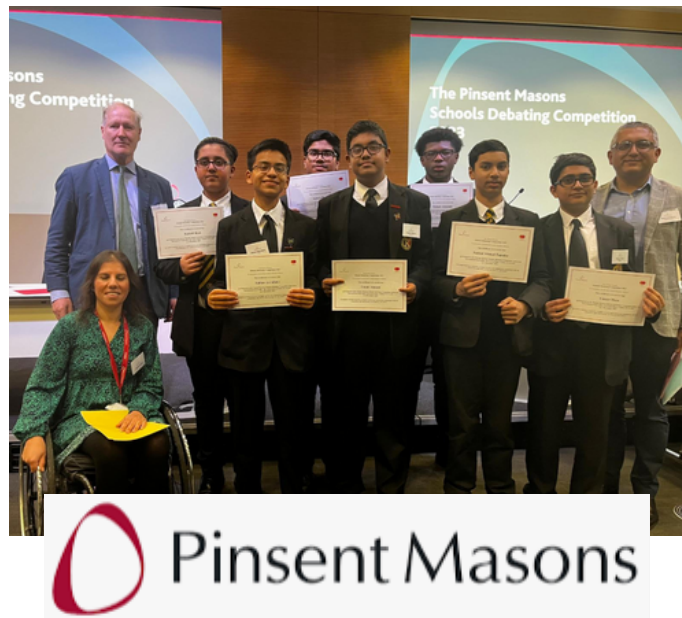
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Pinsent Masons Big Debate

“Feedback from the event was incredibly positive about the contribution the boys made.

“Rue and I attended Rokeby School yesterday to put on a coaching session in advance of December’s Debating Competition. I just wanted to say it was an absolute pleasure it was to spend 2 hours coaching such a talented, engaged, enthusiastic and motivated group. They were a real credit to the school and I look forward to seeing them again on the big day.”

Legal Director, Pinsent Masons



A lucky group of students were selected to take part in GCSE Maths in Action day, a visit to deepen their understanding of key mathematical concepts, improve their problem-solving skills and most importantly, generate excitement for all things maths! Students experienced a variety of engaging and interactive activities that were designed to enhance learning and leave them wowed. They also sat through a GCSE exam class designed to provide them with the knowledge and skills they need to excel in their GCSE maths exams.



Jack Petchey's "SPEAK OUT" Challenge!

SpeakersTrust
Speak and Be Heard

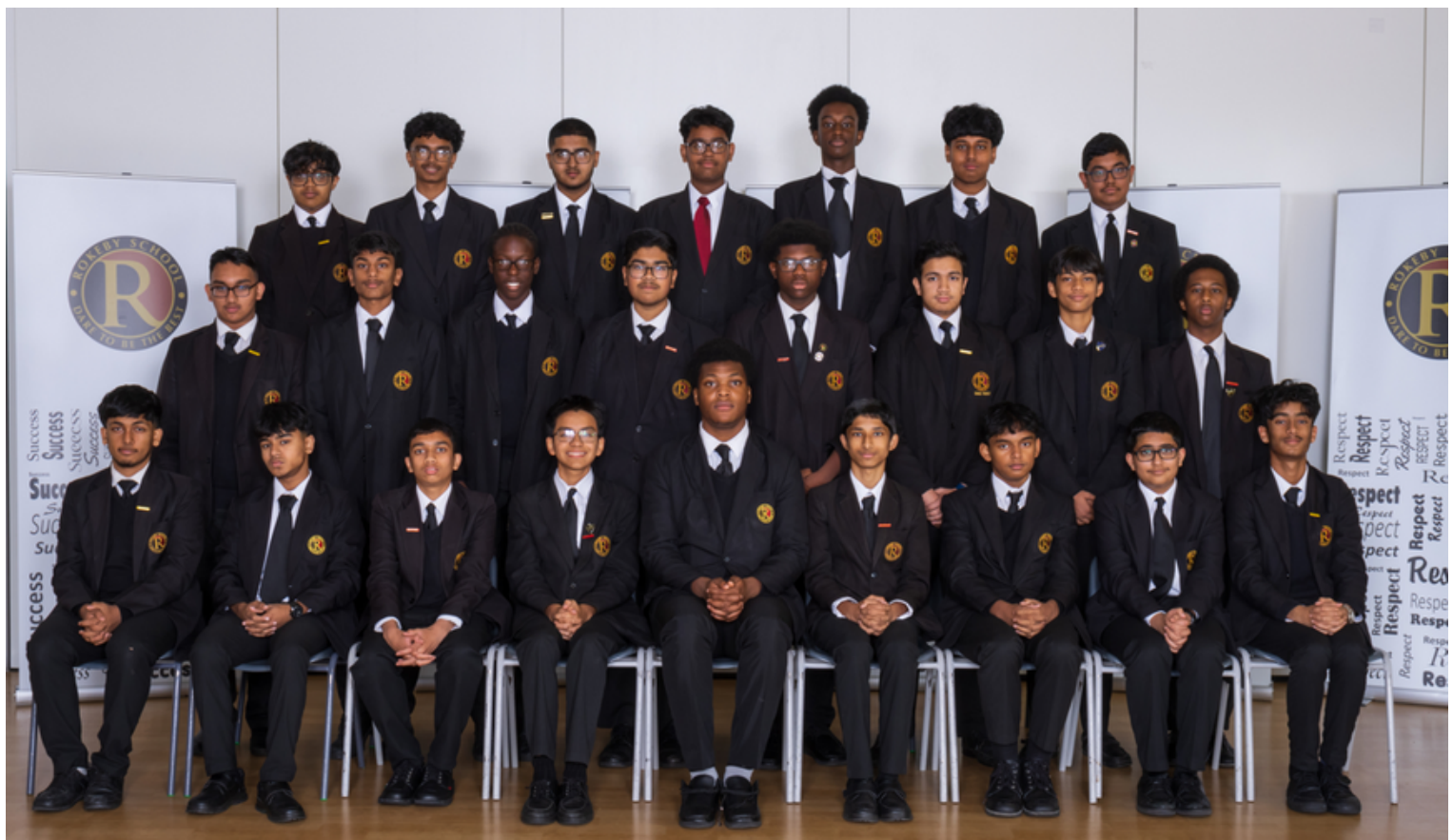
On Monday, thirty students from Year 10 received a full day of public speaking training with an expert trainer from the Speakers Trust.

The impact on the students was profound, with all students creating well-structured, engaging speeches.

A special congratulations to Misbah, Adrian and Samiul, who are this year's finalists for the Jack Petchey Speak Out Challenge.



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Our Prefects



Our pilot project with a group of students started this term with The Bushcraft Riders. Students meet the Bushcraft Riders team at Highams Park Lake in Waltham Forest to prepare for their adventure into and around Epping Forest. They collect their mountain bikes and bushcraft equipment for the day and then embark on a ride through the forest. Activities are structured around the criteria of the John Muir Award Activities and include;

- Bushcraft: shelter building, fire lighting, woodland crafts
- Mountain biking
- Food (foraging and cooking for survival)
- Basic orientation skills
- Cycle emergency mechanics



BUSHCRAFT RIDERS



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Happy Holidays!

We will be running our next holiday, food and sports programme with Newham Sports Club from **Tuesday 2nd January to Friday 5th January 2024.**

Students will have the opportunity to come into school each day, take part in sports / activities and have a hot meal. The sessions will run from 10am until 2pm each day. To book, please register at <https://eequ.org/experience/5987>



**SPORTS
CHRISTMAS CAMP**

NEWHAM SPORTS CLUB
PROGRESSIO CUM PORE
20

ROKEBY SCHOOL
DARE TO BE THE BEST

ACTIVITIES:

- Football
- Basketball
- Rugby / Tag Rugby
- Free hot meal provided

FOR MORE INFORMATION:
info@newhamfutsalclub.co.uk

**02 - 05
JANUARY 2024**

To book a space:
<https://eequ.org/experience/598>

7 10am - 2pm



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DINEin
















FOUR WAY





JUNIPER

ventures

Rokeby School

MENU WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
 MARKET FRESH	Chicken Burger in a Bun with Salad served with Jacket Wedges	Spaghetti Bolognese served with Garlic Bread	Roast Lamb & Yorkshire Pudding served with Roast Potatoes	Chicken & Vegetable Pie with Mashed Potatoes	Fish in Batter served with Chips
 GLOBAL CLASSICS	Veggie Keema served with Raita & Naan Bread 	Aubergine & Chickpea Tikka with Rice & Vegetable Samosa 	Vegetarian 'Toad in the Hole' served with Roast Potatoes 	Quorn Katsu Curry served with Noodle Stir Fry 	Tandoori Chicken in Naan Bread served with Salad
 STREET FOOD	Mixed Bean Quesadilla 	Thai Sriracha Rice Bowl 	Vegetarian Koftas in Flatbread with Greek Salad 	Falafel & Houmous Wrap 	Quorn Pattie Muffin with Baked Jacket Wedges 
 SUGAR SMART DESSERTS	Frozen Yoghurt With Fruit	Carrot Cake  	Fruit Smoothie	Chocolate Sponge & Chocolate Custard 	Strawberry Mousse with Fresh Fruit

KEY:  Vegetarian  Plant Based  New Dish  Sugar Smart

All Meat Served is Halal

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
H2O
APPETIZING
SAVOURY
SWEET
BALANCED
MOUTH WATERING
BRAIN FUEL
FOOD GROUPS
PROTEIN
FRESHLY
MADE
NATURAL LOCAL
ENJOY
NUTRITIOUS
HAPPINESS
LIFESTYLE & WELLNESS

Rokeby Presents...

A CHRISTMAS CAROL

Tuesday 19th December

3:30 - 4:30 pm in The Hall

*All students, parents and
staff are welcome!*



For students in receipt of free school meals, vouchers will be issued for the Christmas holiday period. You should receive them next week. If you have any questions, please email info@rokeby.ncltrust.net