



Cyber Explorer Cup 2026

Last year, Year 9 students developed a strong understanding of cyber security through the Cyber Explorers platform, created by the Department for Science, Innovation and Technology (DSIT).

We are proud to announce that our students achieved **2nd place (link)** in England on the Cyber Explorers High Achiever Schools Leaderboard for March 2025 - an impressive accomplishment against many private and grammar schools nationwide.

Through a range of interactive challenges, games and puzzles, students explored real-world scenarios, learning how to think critically, make smart decisions and stay safe online. These valuable skills will support them in both their future careers and everyday digital life.

Building on the success of the past two years, we are excited to enter the national championship again with **Jaitra, Saud, and Ishaq** (Year 9), alongside **Mert** (Year 7). We wish them the very best of luck -the results will be announced in April!

Mr Milki



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

Year 9 visit to Globe Theatre

On 11th March, our Year 9 students enjoyed an exciting trip to the Shakespeare's Globe, where they watched a live performance of Romeo and Juliet.

Originally built in 1599 by William Shakespeare's playing company, the Globe is one of London's most iconic theatres. As an open-air, 20-sided amphitheatre, it offered students a unique opportunity to experience Shakespeare's work in an authentic and memorable setting.

Our students were a credit to the school throughout the visit and fully embraced the experience.

Mr Bailey



Raspberry Pi Competition

Our Rokeby DARER team has just completed the Tanger Project!

Under Saud's outstanding leadership and with the invaluable support of our D&T department, our Year 9 students are now competing against top schools across the country for the prestigious Raspberry Pi Competition.

We are eagerly awaiting the judges' decision - results could arrive at any moment! Wishing the very best of luck to our fantastic team. You've already made us proud.

Mr Milki

What is TANGER?

TANGER is a wearable AI assistant that clips to your clothing. It uses a Raspberry Pi Zero 2W as its brain, connects to the Groq AI cloud service for intelligence, and runs completely offline for speech recognition using Vosk. It has 4 AI modes, a built-in SOS emergency protocol, body sensors, GPS tracking and ASL fingerspelling via camera.

Specification Details

Brain Raspberry Pi Zero 2W

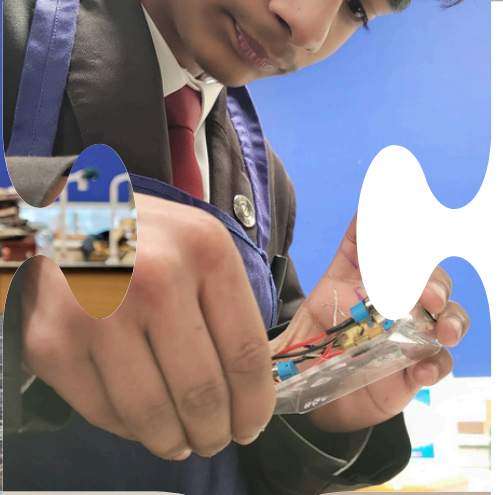
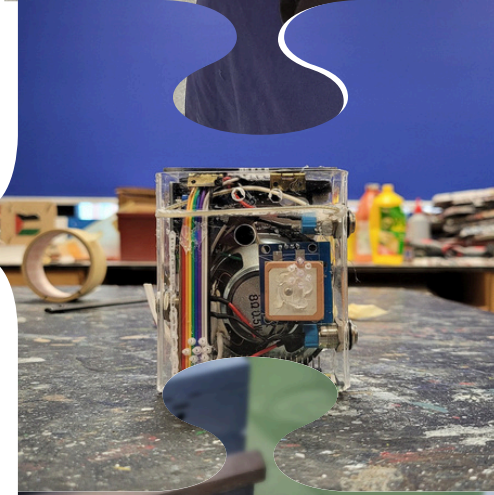
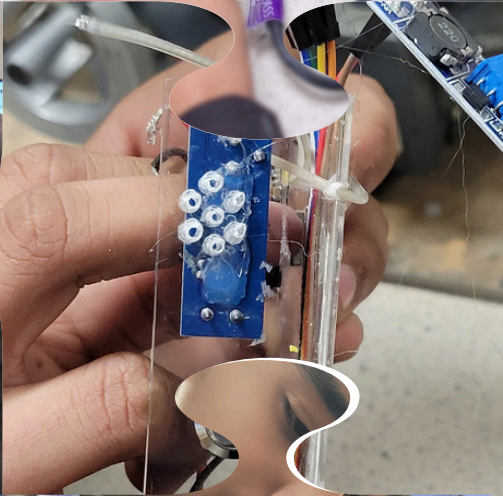
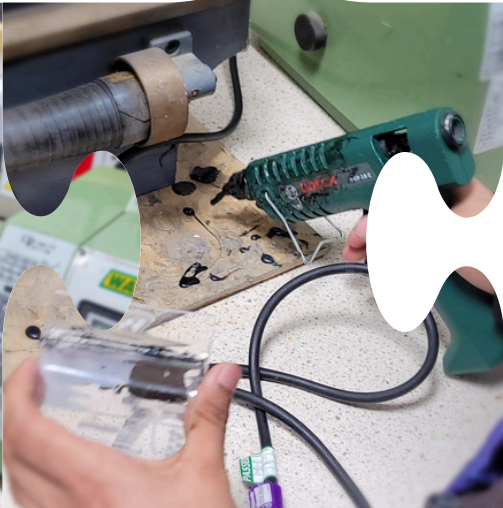
AI Service Groq API – free tier

Speech Recognition Vosk (offline, no internet needed)

Languages English, Spanish, Hindi, French

Check out the videos below by clicking on the YouTube icons to see our work in action.







Tel/Fax: +44(0)333 2243707

+44(0)7508015118

Email: comfort_charityf@yahoo.com

Comfort Charity Foundation

comfortnewham@hotmail.co.uk

Reg. Charity No. 1208698

www.comfortfoundation.net

Services for the Homeless & People in need in the Community:

4. Food & drinks incl. hot meals
5. Clothing
6. Advice & Counselling:
Help with finding shelter
Help with your health, etc.

Time:

Tuesday 5pm – 7pm

Wednesday 6pm - 8pm

Friday 11am - 2pm

Venue:

South Hall, Memorial Community Church,
395 Barking Rd, Plaistow, London E13 8AL

Sponsors



Poetry

Ancient deity by Ayan 7R

Mythical being,
You are fleeing,
Though I present a requiem
That has not been played in a millennium

A heavenly demon
Should be a free man
Defeated and mummified
I can hear your cries
Left to rot with flies

O, imperialism,
Stopping his rhyme
Dispatching shoguns
Cross-matching daemons

While he's meant to flee with the freeman's
He is fighting the demons
He truly is a deity
Evil is in fluidity
But he is a warrior who built with no guilt



Poetry

Horse Sword by Anxhelo 7R

Walking in the starry night,
While a blue horse gave me a fright,
Its wings opened with might,
It kneeled to me with no fight,

I asked it 'Are you alright',
In a heartbeat it told me 'NEY'
I felt it in an array, that it was not, ok

Then I saw a blade, stuck with no mistake,
I decided that this had to change,
We chose to go down the forest way,
The path of the poorest,
We met the goriest...



Attention Year 11 Students:

Ms Bailey-Clouston's Weekly Revision Tips: With GCSEs coming up, each department will share a simple, proven technique every week. Try them out, find what works for you, and keep practicing.

USING FLASHCARDS TO REVISE

by @inner_drive | www.innerdrive.co.uk

- 1** Split a box into 5 different compartments and label them 1 to 5.

- 2** Place all your flashcards in compartment 1.

- 3** Test yourself on a flashcard.

- 4** If you can correctly recall the information move the flashcard into compartment 2, if not then put it back in compartment 1.

- 5** Continue to test yourself and each time you correctly recall the information, move the flashcard into the next compartment. Flashcards from compartment 1 should be reviewed daily, with flashcards from compartment 2 being reviewed every other day, compartment 3 every third day and so on.

- 6** Eventually, all your flashcards will have been transferred to compartment 5 and the information they contain stored in your long-term memory.


There is always a relationship between the information on both sides of the card, e.g. key term and definition, question and answer etc.

Because you can only see one side of the card at a time, you can use flash cards to test your knowledge, by instantly checking your guess.

On one side of the card, write a key term or question

On the other side, write the definition for that key term, or an answer to the question

Stick to one idea or concept per flash card.

Don't fill the card with a long complex answer either. Keep them as simple as possible.

To achieve this, split bigger answers into smaller sets of questions if necessary, and don't worry if this means using more cards.

Read the question or key term in the front of the card

Try to remember the definition or answer without looking

Check your guess by looking at the back of the card



Affordable Food Club

Are you looking for ways to stretch your budget while supporting your community? Our foodbank club offers high-quality groceries.

Up to 20 Items
for just £5

Time: 10:30 am -12:30pm

Thursday foodbank: St Luke Community Centre,
85, Taring Rd, Canning Town, E16 1HN
Friday Foodclub: 395, Barking Road E13 8AL
opposite the Plaistow Police station

Make the Most of Your Money and Fight Food Insecurity Together

Register with us to become a member.

£5.00 registration yearly



Contact:

For more information or to register

Join Food Club

07861647346

email: info@ourcommunitycares.co.uk

www.ourcommunitycares.co.uk

Wellbeing

HOW TO BREAK THE STIGMA AROUND MENTAL HEALTH?

- Foster open and honest discussions.
- The more individuals converse about it, the less intimidating it may seem.
- Share personal experiences freely, without fear of judgment.
- Equip yourself and others with knowledge about mental health; after all, knowledge is power.
- Create a supportive atmosphere; encourage these conversations rather than shutting them down.
- Share stories of recovery and resilience to ignite a sense of hope.
- Approach these discussions with respect and understanding, recognizing that it takes courage to express our thoughts.



Childline is a free, confidential support service for anyone under 19 in the UK, offering help with any problem - big or small. Young people can speak to trained counsellors online or by calling 0800 1111, anytime, day or night, ensuring they are never alone when they need support.

Mr Milki

The screenshot shows the top navigation bar of the Childline website. It features the 'childline' logo on the left, the contact number 'Call 0800 1111' and a link to 'About us' on the right. Below the logo is the tagline 'ONLINE, ON THE PHONE, ANYTIME'. A horizontal menu contains four main categories: 'Info and advice', 'Get support', 'Toolbox', and 'Get involved', each with an icon. To the right of this menu is a 'Your locker' button with a 'Sign in' link below it. Below the navigation bar, there is a breadcrumb trail 'You are here / Home' and a search bar labeled 'Search Childline'. The main content area features a large blue banner with the text 'a place JUST FOR ME' in a dark blue speech bubble. Below this, a grey button reads 'Under 12? Get advice, play games and visit the Buddy Zone →'. On the right side of the banner is a green, round, smiling character with arms and legs, resembling a pea or a bean.

NCL Trust Newsletter



**NEWHAM
COMMUNITY
LEARNING**

Local Schools | Global Vision

Issue 17 | February 2026

Trust Newsletter



Rokeby School Lunch Menu

WEEK 1

Week Commencing;

13/04/26 04/05/26 25/05/26 15/06/26 06/07/26 27/07/26

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

MONDAY

Asian Vegetable, Soya Bean & Noodle Stir-fry (V)

TUESDAY

Bang Bang Chicken with Soy & Mixed Rice

WEDNESDAY

Salt & Pepper Roast Chicken, Crisp Roasties, Seasonal Vegetables & Roast House Gravy

THURSDAY

Chicken Tikka & Chickpea Masala, Braised Rice & Kachumber Salad

FRIDAY

Chip Shop "Fryday" Fish, Salmon Fishcake or Pizza with Chips, Peas & Tartare Sauce

VEGETARIAN MAIN MEALS

MONDAY

Plant Based Bolognese with Pasta & House Salad (V)

TUESDAY

Bang Bang Eat Curious with Soy & Mixed Rice (V)

WEDNESDAY

Vegetable 'Squashage' Roll with Crispy Roasties, Seasonal Vegetables & Roast House Gravy (V)

THURSDAY

Cauliflower, Courgette & Chickpea Rosti with Braised Rice, Kachumber Salad & Minted Yoghurt Dressing (V)

FRIDAY

Vegan Chickpea & Coriander Burger with Fries (VE)

DESSERTS

MONDAY

Spiced Pineapple Cake

TUESDAY

Chocolate & Banana Brownie

WEDNESDAY

Sticky Ginger Cake

THURSDAY

Oaty Apple Crumble

FRIDAY

Hot Chocolate Rocky Road

Fruit and Jelly Pots Available Daily

JACKET POTATOES

Topped with a Choice of: Cheese, Tuna or Beans Available Daily

Rokeby School Lunch Menu

WEEK 2

Week Commencing;

20/4/26 11/05/26 01/06/26 22/06/26 13/07/26

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

MONDAY

Vegan Sausage & Mashed Potatoes with Onion Gravy (VE)

TUESDAY

Cajun Chicken, Tomato & Sweetcorn Wholewheat Pasta Bake with House Salad

WEDNESDAY

Roast Breast of Turkey, Crisp Roasties, Seasonal Vegetables & Roast House Gravy

THURSDAY

Sweet & Sour Chicken with Carrot Rice

FRIDAY

Chip Shop "Fryday" Fish, Salmon Fishcake or Pizza with Chips, Peas & Tartare Sauce

VEGETARIAN MAIN MEALS

MONDAY

Vegan BBQ Boston Bean Sausage Casserole & Mash (VE)

TUESDAY

Lentil & Chickpea Dahl with Roasted Tikka Cauliflower & Steamed Rice (V)

WEDNESDAY

Cheese & Potato Pie with Roast Potatoes, Seasonal Vegetables & Roast House Gravy (V)

THURSDAY

Crunchy French Onion & Leek Macaroni Cheese with House Salad (V)

FRIDAY

Vegan Moroccan Spiced Butternut Squash Pasty with Chips & Peas (VE)

DESSERTS

MONDAY

Chocolate Sponge with Chocolate Sauce

TUESDAY

Pear & Apple Orchard Crumble

WEDNESDAY

Cocoa Bread & Butter Pudding

THURSDAY

Jam & Coconut Sponge

FRIDAY

Apple Traybake

Fruit and Jelly Pots Available Daily

JACKET POTATOES

Topped with a Choice of: Cheese, Tuna or Beans Available Daily

Rokeby School Lunch Menu

WEEK 3

Week Commencing;

27/04/26 18/05/26 08/06/26 29/06/26 20/07/26

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

MONDAY

Smokey Bean & Vegetable Pasta Bake (V)

TUESDAY

BBQ Chicken with Salt 'n' Pepper Wedges,
Asian Slaw & Garden Peas

WEDNESDAY

Lemon & Thyme Roast Chicken, Crisp
Roasties, Seasonal Vegetables & Roast
House Gravy

THURSDAY

Fragrant Lemon & Herb Chicken with Spicy
Rice

FRIDAY

Chip Shop "Fryday" Fish, Pizza or Fishcake &
Chips with Peas and Tartare Sauce

VEGETARIAN MAIN MEALS

MONDAY

No Waste Cauliflower Cheese Pasta Bake
(V)

TUESDAY

Chipotle Quorn Dippers with Salt 'n'
Pepper Wedges, Asian Slaw & Garden
Peas (V)

WEDNESDAY

Roasted Vegetable & Chickpea Pastry
Roll with Crisp Roasties, Seasonal
Vegetables & Roast House Gravy (V)

THURSDAY

Hot Maple & Cajun Quorn Fillet with Spicy
Rice (V)

FRIDAY

Crispy Chickpea & Vegetable Pakora
Burger with Mango Slaw, Chips & Peas
(V)

DESSERTS

MONDAY

Sticky Lemon
Sponge

TUESDAY

Mixed Berry &
Apple
Crumble

WEDNESDAY

Chocolate & Whole
Banana Puff Pastry
Pinwheel

THURSDAY

Nut Free
Bakewell Sponge

FRIDAY

Hot Chocolate
Rocky Road &
Custard

Fruit and Jelly Pots Available Daily

JACKET POTATOES

Topped with a Choice of: Cheese, Tuna or Beans Available Daily