



# ROKEBY RECORDER

DARE TO BE THE BEST

Spring Term - Rokeby Recorder Issue 9

## Year 8 Talk2Learn Debate

On Thursday 6th February, Year 8 took part in the Talk2Learn Debate. The event was expertly judged by Ms Hallam, Ms Duke and Ms Khanom and chaired by Ms Cates.

The proposition team were the winners, successfully arguing that “Protest only divides people.” Congratulations to team members Sufyaan, Iqbal and Younas. A special well done goes to Daniel, who was awarded Best Speaker.

Well done also to Fabio and Tawheed for taking part and to the teachers of English, Art and Humanities who supported students by delivering the debate content.

English Department



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

# Number Day Quiz

Year 7 Victory!

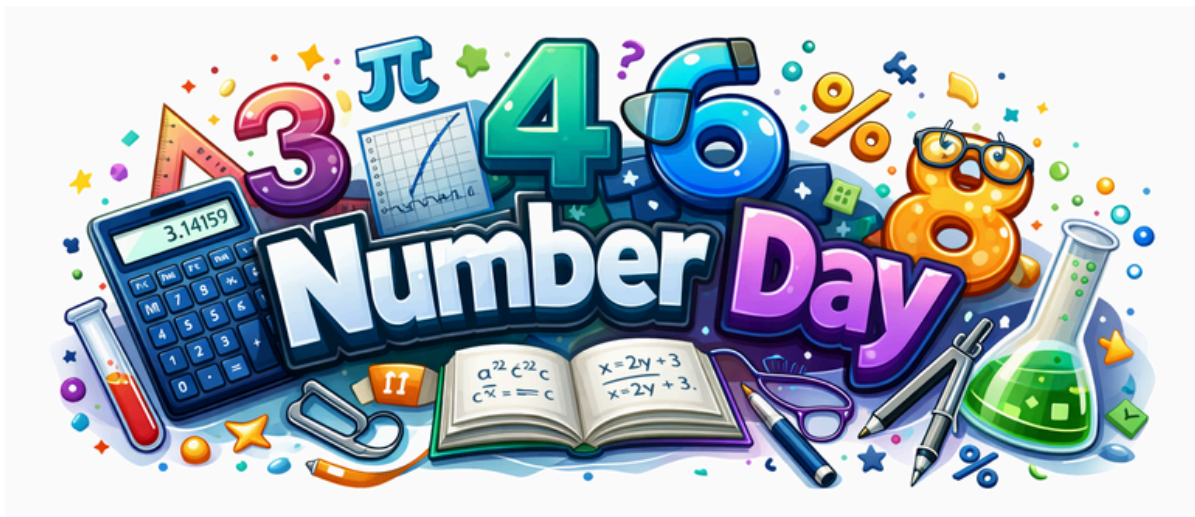
Our 2026 Number Day celebration reached an exciting peak with a high-stakes maths quiz pitting our Year 7 students against the staff team. It was a keenly contested competition with a brilliant display of logic, mental arithmetic and quick thinking from both sides.

The competition remained neck-and-neck throughout every round, leading to a nail-biting finish. In a stunning display of numerical prowess, the Year 7 students emerged victorious, clinching the win by a single point.

In conclusion, the event was a fantastic way to celebrate a love for maths while fostering a bit of healthy "student vs. teacher" rivalry.

Well done to our Year 7 champions for proving that, on Number Day, the students truly count!

Mr Ocran



## Chess club at Rokeby

A huge congratulations to Ismail Aziz, last year's Chess Tournament Champion! Ismail showed outstanding skill, focus, and determination throughout the competition, and we are very proud of his achievement.

We are excited to announce that Chess Club will be running every Tuesday after school, from 3:00–3:45pm, in Mr Hamid's classroom (F2). Whether you are a seasoned player or completely new to the game, everyone is welcome to come along, learn new strategies, and enjoy friendly matches in a relaxed environment.

To sign up, please complete the Chess Club sign-up form found in your Maths Google Classroom or scan the QR code. Answers to the brain teaser must also be submitted via the form in order to receive the achievement point. We look forward to seeing you at Chess Club!

Mr Hamid



## BRAIN TEASER

Can you find the two-move checkmate? *White to move.*

**ACHIEVEMENT POINT!**  
to anyone who can solve the puzzle.



Answers to be submitted via the sign-up form for the AP!



Sparx  
Reader

## Excellence in English: January

Sparx  
Reader

Well done to the following students for earning the highest number of Sparx Reader points in their year group last month!



**Year 7:**  
Nuh Gani - 10,510 SRP



**Year 8:**  
Ashfaq Ahmed 4150 SRP



**Year 9:**  
Musab Khan 5031 SRP



**Year 10:**  
Robiul Tapadar 3303 SRP



**Year 11:**  
Muhammad Yaqub 2523 SRP



# Know someone who'd be a great teacher?

Recruiting now for  
September 2026

Visit: [www.ncltrust.net/train-to-teach](http://www.ncltrust.net/train-to-teach)

Email: [traintoteach@ncltrust.net](mailto:traintoteach@ncltrust.net)



**APPLICATIONS ARE OPEN**

- ✓ Excellent employment prospects
- ✓ Great potential for career progression
- ✓ Attractive starting salary once qualified
- ✓ Inspire and transform the lives of young people





## Parenting Smarts: Key Insights for Raising Children”

We'd love your support in helping parents and carers access Parenting Smart - our free resource hub created by Place2Be's mental health experts.

It offers practical, evidence-based advice for families of children aged 4–11, covering 57 common parenting challenges such as school attendance, anger outbursts, and neurodivergence.

Designed for busy parents, the content is quick to read and mobile-friendly, with videos that include subtitles. The website also offers accessibility tools to support all users.



Place2Be, our in-school mental health support service, has a variety of resources to help you support your child's wellbeing.

Visit their Parenting Smart website for free practical advice on a range of topics (from friendship issues to anxiety): [www.parentingsmart.org.uk](http://www.parentingsmart.org.uk)



# NEWSLETTER

V2

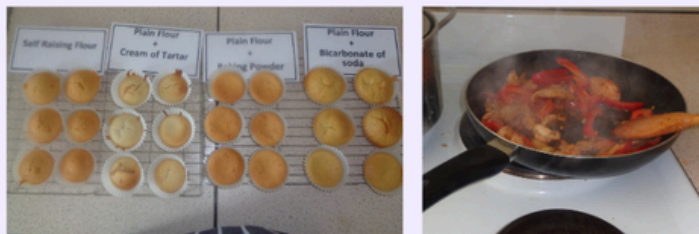
## 1 | FOOD AND NUTRITION YEAR 7, ROTATION 2 PROJECTS

### Design and Technology

In just 9 weeks, students have created steady hand, toy cars and pencil boxes. Students developed their knowledge on timbers, communication of design ideas, simple circuits, as well as using specialist tools and equipment.

### Food and nutrition

Students were able to produce **savoury** and **sweets dishes**, such as stir fry, fairy cakes and chicken wraps as part of their key KS3 food nutrition journey.



## 2 | FOOD AND NUTRITION YEAR 8, ROTATION 2

### Food and nutrition

Students were able to produce savoury and sweets dishes, such as **shortcrust pastry**, **pies** and **wraps** as part of their key KS3 food nutrition journey.



## 3 | YEAR 7 ROTATION 2

### Design and Technology Y7

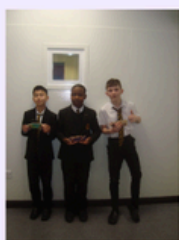
With 9 weeks, a Y7 group was tasked to create a steady hand game inspired by **Art Deco**. The aim was to design it for 7-15 year olds and to play playable on flat surfaces.

Special congratulations to Nuh and Mohammed Ayan for designing excellent steady hand games!



### Year 7 Car Project 🚗

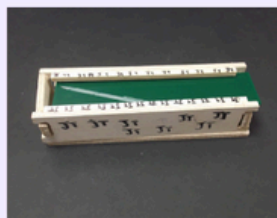
Today, Year 7 completed their car project after learning about aerodynamics and how design helps cars go faster. The finished projects look amazing! Special credit to Chesnir, Aamir D, and Reeve for their fantastic work. Well done, Year 7! 🌟



## 4 | YEAR 8, ROTATION 2

### Design and Technology Y8

With 9 weeks, a Y8 group was tasked to create a pencil box inspired by Yinka Ilori. The aim was to design it for 7-15 year olds and to play playable on flat surfaces.



## Table Tennis National Championship Qualification

Congratulations to all of our Table Tennis athletes for the tremendous effort and determination they showed in competing in the Nationals qualification round over half term. Each pupil represented the school with real pride, resilience and excellent sportsmanship and they should be very proud of the way they conducted themselves throughout. Special shoutout to Ishaaq Ben Maida for his superb achievement in qualifying to represent Rokeby at the National competition.



# NCL Trust Newsletter



**NEWHAM  
COMMUNITY  
LEARNING**

Local Schools | Global Vision

Issue 17 | February 2026

# Trust Newsletter

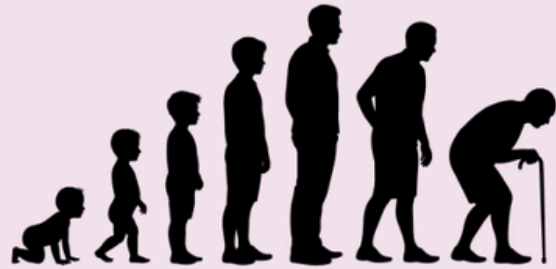


# Wellbeing

## WHO CAN SUFFER FROM MENTAL HEALTH DIFFICULTIES?

Mental health difficulties can affect individuals of all ages, from children to the elderly.

Several factors, including stress, trauma, genetics, and physical health conditions, can contribute to the emergence of these challenges.



## Online gaming safety tips

internet matters.org

Our work and impact Teachers hub [DONATE](#)

Get advice Set controls Activities to do Explore more

Search a topic...

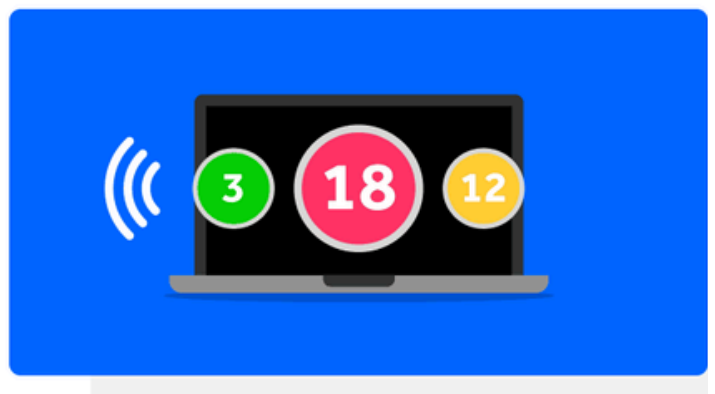
You are here: [Home](#) > [Resources](#) > Online gaming top safety tips for parents

### Online gaming safety tips

#### Top tips to help kids have a safer gaming experience

Help children use gaming as a way to build on their skills and have fun in a safer way.

[DOWNLOAD GAMING TIPS](#)



# 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.

## REVISION COACHING

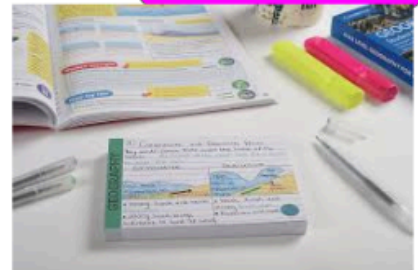
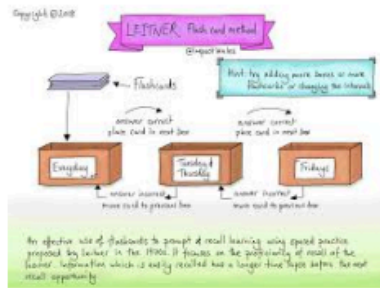
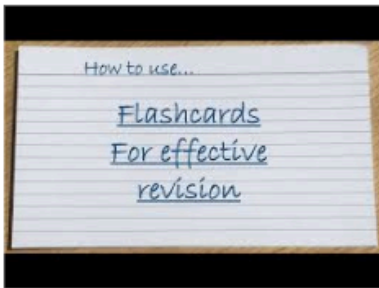


Our teachers are going to help you revise better.

Each week all year 11s will be practising **one technique** in all their subjects.

You need to attempt each technique in your subject.

This week:  
We will be practising **flash cards**



### Respect - Success - Passion for Learning - Personal Challenge – Harmony

#### Year 11 Mock Exams March 2026

	Monday 16th March	Tuesday 17th March	Wednesday 18th March	Thursday 19th March	Friday 20th March
Period 1 & 2	Art All Day	English Language Paper 2 1h 45m	Maths Calculator 1h 30m	Normal Lesson	School Closed
Period 3 & 4	Art All Day	Geography Paper 2 1h 30m	RE 50 m	Normal Lesson	
Period 5	Art All Day	Normal Lesson	Normal Lesson	Normal Lesson	
	Monday 23rd March	Tuesday 24th March	Wednesday 25th March	Thursday 26th March	Friday 27th March
Period 1 & 2	Chemistry Paper 2 1h 45m / 1h 10m	Spanish Listening 1h / 45m	Computer Science Paper 1 1h 30m	Design Technology 1h 45m	Food & Nutrition 1h 45m
Period 3 & 4	History The USA, 1954-75 1h 30m	Sociology 1h 45m	French Listening 1h / 45m	GCSE PE 1h	CNAT Sports Studies 1h 15m
Period 5	Normal Lesson	Normal Lesson	Normal Lesson	Normal Lesson	Normal Lesson

# MCFL Film Club



Every Thursday Lunchtime

At 13:30




In Spanish with English Subtitles


**Rejoignez notre Club de Pétanque!**



 **Quand ? Tous les jeudis à 13h30**

 **Où ? Salle de classe de français, G1.**

 **When ? Every Thursday at 1:30pm**

 **Where ? French classroom, G1.**

## Rokeby School Lunch Menu

### CLASSIC HOT & HEARTY

#### CLASSIC MAIN MEALS

##### MONDAY

Lemon & Herb Piri Piri Chicken with Spicy Rice

##### TUESDAY

Mexican Style Beef Lasagne, Garden Salad & Homemade Garlic Bread

##### WEDNESDAY

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

##### THURSDAY

Chicken Tikka Masala with Pilau Rice & Coriander Salad

##### FRIDAY

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

#### VEGETARIAN MAIN MEALS

##### MONDAY

Piri Piri Quorn, Macho Peas and Spicy Rice (VE)

##### TUESDAY

Vegetable & Mixed Bean Lasagne, Garden Salad & Homemade Garlic Bread (V)

##### WEDNESDAY

Roasted Squash & Feta Pie, Seasonal Vegetables or Salad (V)

##### THURSDAY

Crunchy Topped Macaroni Cheese, House Salad or Seasonal Vegetable (V)

##### FRIDAY

BBQ Bean Burger with Garden Peas & Chips (VE)

#### DESSERTS

##### MONDAY

Spiced Pineapple Cake with Vanilla Sauce

##### TUESDAY

Apple Strudel & Custard

##### WEDNESDAY

Chocolate Sponge & Chocolate Sauce

##### THURSDAY

Cookie Dough Fruit Crumble

##### FRIDAY

Fruit, Jelly & Yoghurt Pots

**Fruit and Jelly Pots Available Daily**

**HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily**

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

## Rokeby School Lunch Menu

### CLASSIC HOT & HEARTY

#### CLASSIC MAIN MEALS

##### MONDAY

Traditional Sausage & Mash with  
Onion Gravy

##### TUESDAY

Chicken & Tomato Pasta Bake  
Served with House salad

##### WEDNESDAY

Hand Carved Roast British Turkey,  
Crisp Roasties, Seasonal Vegetables,  
& House Gravy

##### THURSDAY

Sweet & Sour Chicken with Fried Rice

##### FRIDAY

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

#### VEGETARIAN MAIN MEALS

##### MONDAY

Vegan Sausage & Bean Casserole  
(VE)

##### TUESDAY

No Waste Cauliflower Cheese Pasta Bake  
(V)

##### WEDNESDAY

Cheese, Leek and Potato Pie (V)

##### THURSDAY

Chinese Vegetable Stir-Fry (VE)

##### FRIDAY

Vegan Quorn & Ranch Slaw Burger Served  
with Chips & Peas (VE)

#### DESSERTS

##### MONDAY

Dutch Apple  
Cake

##### TUESDAY

Warm Blueberry  
Sponge

##### WEDNESDAY

Apple & Mixed  
Berry Crumble  
with Vanilla  
Sauce

##### THURSDAY

Banana Pudding  
with Custard

##### FRIDAY

Fruit, Jelly &  
yoghurt Pots

**Fruit and Jelly Pots Available Daily**

**HOMEMADE SOUP &  
FRESHLY BAKED BREAD  
Available Daily**

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

## Rokeby School Lunch Menu

### CLASSIC HOT & HEARTY

#### CLASSIC MAIN MEALS

##### MONDAY

Kung Pao Chicken, Wholegrain & White Egg Fried Rice

##### TUESDAY

Mac n Cheese Bolognaise Served with a House Salad

##### WEDNESDAY

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

##### THURSDAY

Chicken Korma with Pilau Rice

##### FRIDAY

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

#### VEGETARIAN MAIN MEALS

##### MONDAY

Asian Vegetable. Soya Bean & Noodle Stir Fry (VE)

##### TUESDAY

Plant Based Bolognaise with Wholegrain Pasta & House Salad (VE)

##### WEDNESDAY

Smashed Butternut Squash Mac and Cheese with Slaw and Garden Salad (V)

##### THURSDAY

Cauliflower Bhaji Served with Pilau Rice & Minted Yoghurt (V)

##### FRIDAY

Chickpea, Carrot & Sesame Burger, Asian Slaw, Chips & Peas (V)

#### DESSERTS

##### MONDAY

Chocolate & Banana Brownie

##### TUESDAY

Oaty Apple Crumble & Custard

##### WEDNESDAY

Sticky Lemon Sponge & Custard

##### THURSDAY

Baked Churros with Chocolate Sauce

##### FRIDAY

Fruit, Jelly & Yoghurt Pots

**Fruit and Jelly Pots Available Daily**

**HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily**

**JACKET POTATOES Topped with a Choice of: Chees Tuna or Beans Available Daily**