



ROKEBY RECORDER

DARE TO BE THE BEST

Summer Term - Rokeby Recorder Issue 13

Year 8 Trip to the Dickens Museum

Our Year 8 students recently enjoyed a memorable trip to the Dickens Museum in Bloomsbury.



During a guided tour of the historic house, students discovered fascinating facts and stories about Charles Dickens' life, helping them to better imagine what life was like in the Victorian era. The visit had a special focus on ghosts, with guides sharing engaging insights into the Victorian fascination with the supernatural.



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



We hope this trip will inspire our students as they begin writing their own gothic stories in the upcoming scheme of work. It will also provide valuable context when they study A Christmas Carol in Year 10.



To round off the day, students enjoyed lunch at Coram Fields, a historic playground in central London, built on the former site of the Foundling Hospital, which once cared for abandoned children in the 18th century.

Mr Bailey



Rokeby Students Explore River Processes in Epping

On 27th April 2026, a group of 16 Rokeby students headed to Debden Brook in Epping Forest to carry out hands-on river fieldwork as part of their geography studies. Blessed with mild spring weather, the day provided an excellent opportunity for students to step beyond the classroom and experience physical geography in action.

Throughout the day, students investigated how rivers change along their course. Working in small teams, they measured key features of the brook, including width, depth, and flow velocity at different points along the channel. Using specialist equipment such as flow meters and measuring tapes, they were able to collect accurate data and begin to understand how factors like gradient and channel shape influence river processes.



A particular focus of the fieldwork was examining patterns of erosion, transportation, and deposition. Students observed how the river interacts with its banks and bed, noting differences in sediment size and shape. Many were surprised to see how even a relatively small stream like Debden Brook demonstrates clear geographical processes at work.

In addition to developing their practical skills, the trip encouraged teamwork and problem-solving. Students collaborated to record results, discussed their findings, and began forming hypotheses that they will later analyse back in the classroom.

The fieldwork will form an important part of their ongoing studies, helping them to apply theoretical knowledge to real-world environments. Experiences like this not only deepen understanding but also build confidence in conducting independent geographical investigations. Overall, the trip was a great success, with students returning both muddy and enthusiastic, having gained valuable insight into the dynamic nature of river systems.

Ms Padayachee



The Nest Daycare at Portway is now officially OPEN

We are proud to launch our brand-new early years provision, offering full wraparound care from 8:00am to 6:00pm, available on a 51-week or term-time only basis, for children aged 1 to 4 years old.

This is a fantastic addition to our provision and provides a safe, nurturing, and inspiring environment where our youngest children can learn, play, and thrive. To find out more visit our new website: <https://thenest.nclservices.net/>

Please see below for pricing:

51 weeks Provision:

		2 Days	3 Days	4 Days	5 Days
1YO	Unfunded	£709.75	£1,065	£1,420	£1,774
	15 Hours				
	30 Hours	£63.75	£342.72	£697.59	£1,052.47
2YO	Unfunded	£709.75	£1,065	£1,420	£1,774
	15 Hours	£348.67	£703.55	£1,058.42	£1,413.30
	30 Hours	£63.75	£342.72	£697.59	£1,052.47
3YO	Unfunded	£701.25	£1,051.88	£1,402.50	£1,774.00
	15 Hours	£344.89	£695.51	£1,046.14	£1,396.76
	30 Hours	£63.75	£339.49	£690.12	£1,040.74

Fees are calculated over 51 weeks and paid in equal monthly instalments across 12 months. Monthly Fees listed above are inclusive of:

- Meals (Breakfast, Lunch, Hot Tea and snacks)
- Non-food consumables (e.g. nappies, wipes, sun cream)

Term Time Only Provision (38 weeks)

		2 Days	3 Days	4 Days	5 Days
1YO	Unfunded	£576.91	£793.25	£1,154	£1,442
	15 Hours				
	30 Hours	£51.82	£71.25	£366.18	£654.64
2YO	Unfunded	£576.91	£793.25	£1,154	£1,442
	15 Hours	£183.09	£432.25	£760.00	£1,048.45
	30 Hours	£51.82	£71.25	£366.18	£654.64
3YO	Unfunded	£570.00	£1,051.88	£1,140.00	£1,425.00
	15 Hours	£181.36	£427.50	£751.36	£1,036.36
	30 Hours	£51.82	£71.25	£362.73	£647.73

If you are interested in securing a place for your child, please complete the form [here](#):

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 **acronyms and mnemonics**

Mnemonics - Teaching Strategy

Help students retrieve information using this memory technique

Why Use Mnemonics? Short term memory can only hold limited information

How to Incorporate? PEMDAS

Exampl

Memorise are cues for memory retrieval

By grouping smaller bits of information into larger groups, more information is retained

Four Principles for Making Memorable Mnemonics

- 1. Selection:** Select knowledge that lends itself to be turned into a mnemonic.
For example, **serial** information (like planets in order of proximity to the sun) especially lends itself to acronym mnemonics; so does **numbered** information (five pillars, seven continents, twelve nerves, etc)
- 2. Cue:** Use the **first letters** as the 'raw material' for cues.
- 3. Chunk:** Create a vivid, memorable **phrase** that reduces the content to a single chunk.
- 4. Rehearse:** practise **converting** the mnemonic to the content and the content to the mnemonic.

Treaty of Versailles: Was a Raw Deal

- Reparations of £4.4 billion
- Army reduced to 100,000 soldiers
- War guilt - Article 231
- Dismembered Rhineland
- End of Austrian Union
- Army reduced, 0 planes or submarines and only 6 ships and banned from manufacturing weapons
- Land taken away - Saarland, Polish corridor, Alsace-Lorraine and German colonies

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

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: 07861647346
For more information or to register: email: info@ourcommunitycares.co.uk
Join Food Club: www.ourcommunitycares.co.uk



Schools Advisory Service: How To Guide



Simple • Confidential • Available 24/7

GET STARTED IN 3 STEPS

1

VISIT

Go to staff.schoolwellbeing.com/login.



2

IDENTIFY

Enter Rokeby's code: **M4N674**



3

REGISTER

Complete your profile to access professional services free of charge.



Visual Guidance:

School Wellbeing Staff Portal
Find your Organisation

Organisation Reference

Enter reference

Find Organisation

Already have an account? Log in here

School Wellbeing Staff Portal
Find your Organisation

Organisation Reference

M4N674

Organisation Found:
Nepham Community Schools Trust
Rokeby School

Confirm

Not your Organisation? Try Again

Name

Full Name

Email

Date of Birth

DD / MM / YYYY

Password

Confirm Password

I agree to the Terms and Conditions and Privacy Policy



PARENT INFORMATION MORNINGS SUMMER 2025-26

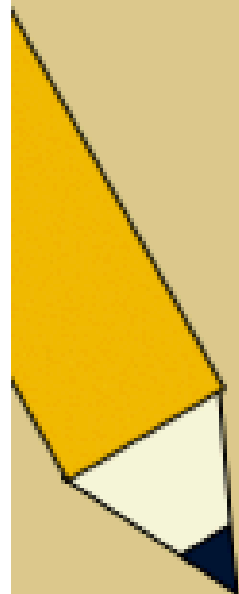
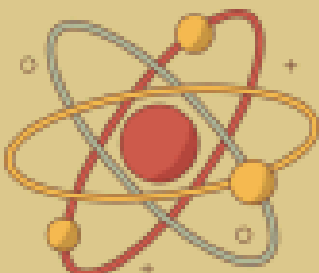
Wellbeing at Rokeby (Mr Hussain)
Monday 27th April 2026 at 10am

Supporting your child with reading at home (Ms Charles)
Thursday 30th April 2026 at 10am

Year 11 exam supporting (Mr Uddin)
Thursday 7th May 2026 at 10am

RSHE consultation update (Ms Bailey)
Thursday 9th July 2026 at 10am

Scan here to attend



Poetry

Invisible Hardship by Anxhelo 7R

Success is vibrant,
The pain is violent,
They only praise you for the quietness,
But the hardship is giant,
The hours of trying,
But nothing's replying,

Some say why you crying,
When I'm really dying,
The invisible pain,
Is really frying my brain,
To many things to say,
Not a lot of time to pray,

Really its ok,
One day everything will be right again,
Is what they say,
When you get a degree
You'll cry yipee,
But what about now...
When I'm not okay?
What can I say,
I'll power through,
As I always do...



Why world by Anxhelo 7R

The good are overlooked,
The loud are overbooked,
The bad keep rising high,
While the honest barely try

Why does the world award drugs and dying,
But turns down the people of truth,
Who's deciding,
Fairness is not implying,
To the world which bad is thriving,
To be seen, to be heard,
Every action, every word,
Truth gets buried deep,
While the restless never sleep

Lets choose to change evil and be different,
Not follow the braindead thats choosing this evil,
While the real ones stay behind,
Lost in thought, lost in mind...

Why does wrong get all the praise,
While the right gets pushed away?
Who decides what we see,
And who we're meant to be?

This world is out of line,
Twisting truth into a lie,
But I won't follow blind,
I'll stay different in my mind

No more walking with the evil,
No more praising what is lethal,
If the world won't change its view,
Then the change will start with you



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



Wellbeing

SOME FACTS ABOUT MENTAL HEALTH

In the UK, mental health in schools is rising.

Approximately one in eight children and young people are experiencing a mental health difficulty.



W.I.N.S



@wins.mhst



Testing Social Media Limit

The UK government is trialling social media bans, time limits and night-time curfews with 300 teenagers to understand how online use affects children's sleep, schoolwork and wellbeing. The findings will help shape future rules on protecting young people online, including possible national restrictions.

Mr Milki


Press release

Children and parents to pilot social media bans, time limits and curfews at home, as government tests next steps to give UK kids their childhood back

Government pilots social media bans, time limits and digital curfews in 300 teenage homes to inform national consultation on children's online safety.

From: [Department for Science, Innovation and Technology](#) and [The Rt Hon Liz Kendall MP](#)

Published 25 March 2026



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