



# ROKEBY RECORDER

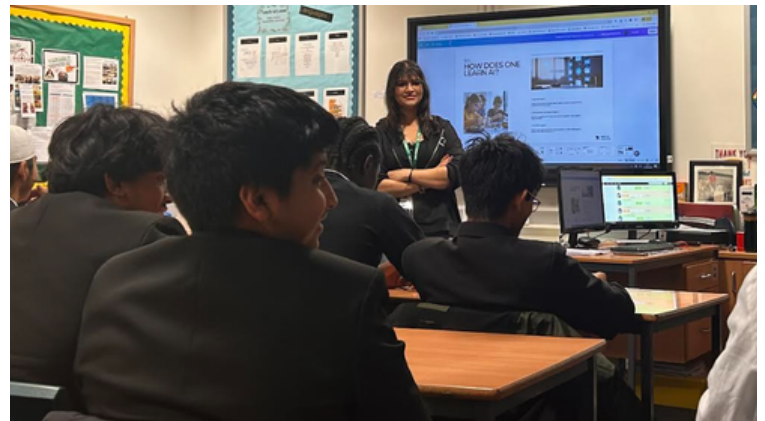
DARE TO BE THE BEST

Summer Term - Rokeby Recorder Issue 14

## AI and Python Programming Workshop at Rokeby

On 11th May, Rokeby School welcomed Shasmeen Ahmed from Turing Education to deliver an engaging session for our Year 10 students on Artificial Intelligence and Large Language Models (LLMs).

During the session, Ms Ahamed introduced students to the growing role of AI in modern technology and explained how large language models are used in everyday applications. Students showed great enthusiasm and curiosity, asking a wide range of thoughtful questions about AI, computing and future careers in technology.



Ms Ahamed also shared her personal journey into the field of computer science, giving students valuable insight into studying computing at Queen Mary university and the opportunities available within the technology sector.

The workshop concluded with a hands-on Python programming activity, where students had the opportunity to apply their problem-solving skills and gain practical coding experience. The session was both informative and inspiring, helping to raise awareness of emerging technologies and encouraging students to further explore the world of computing and AI.

Mr Milki

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

## Rokeby School Boys Strike Gold Again: 4 Years of National Sporting Excellence!



We are delighted to announce that we, Rokeby School, have achieved the School Games INSERT LEVEL Mark Award for the 2025/26 academic year. Even more impressively, this marks our fourth consecutive year achieving the Gold standard, putting us on track to apply for the prestigious, elite Platinum Award next year.

The School Games Mark is a Government-led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across their school and into the community, and we are delighted to have been recognised for our success.

Our sporting achievements include:

- Joining the 6.5% of schools across the country achieve a 4-year Gold streak.
- Participation rates in local fixtures rivalled schools double our size.
- over 75% of our students represented the school in competitive, inclusive, or intra-school sports events this year.
- Our boys stepped up as young leaders, officials and event organizers, building vital life skills like teamwork and resilience.

With a vast majority of our 500 young people competing in local inter-school competitions this year, we are extremely proud of our pupils for their dedication to all aspects of school sport, including those young volunteers, leaders and officials who made our competitions possible.

As part of our application, we were asked to fulfil criteria in the areas of participation, competition, workforce and clubs, and we are pleased that the hard work of everyone at our school has been rewarded this year.

A special thanks to:

The PE team, Mr Ager and Mr Sheriyar, whose tireless dedication made this national recognition possible. We also extend our deepest gratitude to our parents and carers, supporting early morning practices and championing our boys every step of the way. This is a victory for the whole Rokeby community!"

We look forward to applying once again in 2027!



## Year 8 Basketball win

The Year 8 basketball team recently achieved a fantastic victory against Barking Abbey in the Jr NBA competition. The boys demonstrated outstanding teamwork, determination and sportsmanship throughout the game, representing Rokeby School with pride.

A huge congratulations to all the players for their hard work and commitment, as well as to the staff who supported and coached the team. This impressive win is a reflection of the students' dedication both on and off the court.

Well done, Year 8 - we look forward to seeing more success from the team in the future!

Mr Ager



## DofE Expedition Training Underway

Rokeby students are enthusiastically preparing for their Duke of Edinburgh (DofE) expedition taking place in July.

Throughout their training sessions, students have shown excellent teamwork, determination and a positive attitude towards the challenges ahead.

It has been wonderful to see their growing confidence and eagerness to develop new skills as they get ready for this exciting adventure.

Mr Ager



# Attention Year 11 Students:

Ms Bailey-Clouston's Weekly Revision Tips: This is the last technique to improve your memory and prepare you for your exams taking place in June. You need to attempt each technique in your subject. Click on the image below to see all the slides.

## WE WILL BE LOOKING AT BLURTING AND CHUNKING

**How to Use the Blurting Method to Study**

- STEP 1** Set Your Notes in Order: Gather and consolidate all the notes you'll need to study. Get them all in one place.
- STEP 2** Choose a Topic to Study: Select one of the topics you've chosen from your teacher or professor.
- STEP 3** Write Down (Blurt) Everything You Know About the Topic: Write out any information or notes you do have.
- STEP 4** Compare Your Blurts to Your Notes: Look for information you've forgotten about. It's going to be in the right information.
- STEP 5** Study What You Missed: Use a cue card method. Use keywords, questions, etc. to study what you missed.

**THE BLURTING METHOD**

- READ YOUR NOTES ON A SPECIFIC TOPIC
- PUT YOUR NOTES AWAY AND FIND A BLANK PAGE IN YOUR EXERCISE BOOK
- REPEAT UNTIL YOU REMEMBER ALL INFORMATION ON THAT TOPIC
- FROM WHAT YOU CAN REMEMBER, WRITE AS MUCH DOWN AS POSSIBLE
- LOOK BACK AT YOUR NOTES AND WITH A DIFFERENT COLOUR, PEN WRITE DOWN THE NEW POINTS THAT YOU FORGOT

**'Chunking your revision'**

A common mistake students make when revising is overloading their memory.

Research has shown that our short-term memory has an average capacity of 5-9 items.

Have a go at the practical experiment to see this in action.

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

## Wellbeing

# SOME FACTS ABOUT MENTAL HEALTH

A significant fact about mental health is the strong connection between **physical activity** and mental **well-being**. Regular exercise has been shown to release endorphins, which are chemicals in the brain that act as natural mood lifters. It can reduce symptoms of anxiety and depression, improve sleep, and increase self-esteem.





# **PARENT INFORMATION MORNINGS SUMMER 2025-26**

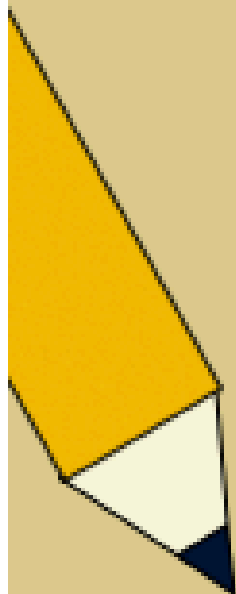
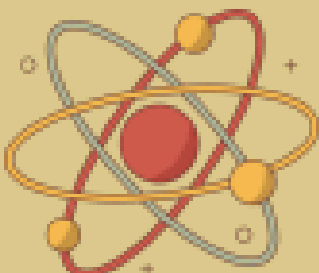
**Wellbeing at Rokeby (Mr Hussain)  
Monday 27th April 2026 at 10am**

**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**



## Creative Youth at Newham Libraries - Get involved!

Looking for a creative outlet this term? Newham Libraries are running a range of free creative activities and clubs for young people across the borough, offering opportunities to explore arts, crafts, creative writing, storytelling, coding and more in a welcoming community environment. Many sessions are drop-in and designed to help young people build confidence, creativity and new skills.

Ms. Galligan

[Find upcoming Creative Youth events and activities:](#)



# Free Creative Youth Sessions

Are you a SEND young person aged 10-25 and looking for something creative after school?



Our free SEND-friendly creative sessions in Newham are:

- ✓ Calm and welcoming
- ✓ Flexible and adaptable
- ✓ Led by experienced youth workers
- ✓ Focused on wellbeing as well as creativity

Young people can join in at their own pace – no pressure.

- 📍 East Ham Library
- 📅 17 4:30-6:30pm every Tues, Wed, Thu during term time
- 📅 17 11:00-2:30pm every Saturday during term time
- ✓ No booking needed

Scan the QR code to learn more



## 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](#):



# Schools Advisory Service: How To Guide



*Simple • Confidential • Available 24/7*

## GET STARTED IN 3 STEPS

1

### VISIT

Go to [staff.schoolwellbeing.com/login](https://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

## Poetry

### Why world by Anxhelo 7R

I looked in the mirror,  
Saw someone I blamed,  
Swore I'd be different...

Now I'm the same,  
Not fall into place,  
Now I stand here staring  
At the same old face

I used to speak truth,  
Straight down to the vein,  
Now even my words  
Feel heavy with pain,

I'm no less than a robot,  
Just playing the role,  
The system I hated,  
Now shaping my soul,  
I blamed it before,  
But now I can see,  
The change that I wanted...  
Starts somewhere in me



## Reality by Anxhelo

Reality never fails,  
One day the lies will start to fall in betrayal,  
People will make a collective decision,  
Of no more admission,  
To the brainwash disguised as a reason,  
To say genocide is evil,  
Is considered a rebellion,  
War crime of the millenium,

Then all the dumb,  
Is considered fun,  
The web on their eyes killin their minds,  
School underdeveloped for thy,  
100 years all the same feel,  
We learn not what we need but what we are meant to be,  
It cannot be this way,  
Progress said by,  
The second we arrived

People are crying,  
Due to their phones dying,  
While there are kids not moaning,  
After what seemed like the Blitz attacking,  
Something needs to change,  
Someday, anyday..





Tel/Fax: +44(0)333 2243707

+44(0)7508015118

Email: [comfort\\_charityf@yahoo.com](mailto:comfort_charityf@yahoo.com)

**Comfort Charity Foundation**

[comfortnewham@hotmail.co.uk](mailto:comfortnewham@hotmail.co.uk)

Reg. Charity No. 1208698

[www.comfortfoundation.net](http://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**



# 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**