



ROKEBY RECORDER

DARE TO BE THE BEST

Summer Term - Rokeby Recorder Issue 15

Health Awareness Week at Rokeby 1st - 5th June'26

Rokeby School recently celebrated a successful and engaging Health Awareness Week, with a variety of workshops, sporting activities and curriculum-based learning opportunities taking place throughout the week for all year groups.

The week was expertly organised by Mr Lastiotis, Ms Bailey-Clouston and Mr Sheriyar, who coordinated a fantastic programme of events that encouraged students to think about their physical health, mental wellbeing and healthy lifestyles. Staff and students thoroughly enjoyed the activities while raising awareness of the importance of making positive choices for their wellbeing.



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

Health Awareness Week was embraced across the school, with departments incorporating health-related themes into their lessons. In Computer Science, students explored topics such as AI in medicine, wearable technology, health apps and digital wellbeing. English lessons focused on mental health and masculinity, while Geography examined the links between climate, agriculture and environmental change. In Science, students studied muscles, bones, exercise and homeostasis, while Technology lessons explored healthy eating, balanced diets and diet-related diseases. Modern Foreign Languages used the film Inside Out 2 to discuss emotions and mental health and Religious Education investigated food laws and their impact on healthy living.

Students also took part in a range of practical workshops and sporting activities, including a popular sushi-making session led by school chef Mr Macrae, which introduced students to healthy eating through the art of Japanese cuisine.

A huge thank you to Mr Lastiotis, Ms Bailey-Clouston and all staff who contributed to making the week such a success. Health Awareness Week highlighted Rokeby's commitment to developing healthy, informed and resilient young people.

Mr Milki



Rokeby Students Roll Up Their Sleeves for a Sushi-Making Experience

As part of Rokeby School's Health and Awareness Week, students enjoyed a hands-on sushi-making workshop organised by our school chef, Mr Macrae.

The session introduced students to the art of Japanese cuisine while promoting healthy eating and nutrition. Under Mr Macrae's guidance, students learned how to prepare ingredients, work with sushi rice and create their own sushi rolls.

The workshop was a fantastic opportunity for students to develop practical life skills, explore a new culture and make healthy food choices in a fun and engaging way.

A big thank you to Mr Macrae for organising this enjoyable and educational experience. Well done to all the students who took part and showcased excellent enthusiasm and creativity throughout the session.

Mr Milki



Young Writers Shine in Competition Success

Six talented students from our school recently took part in the prestigious Young Writer Competition, showcasing their creativity, imagination and passion for writing. Their participation reflects the school's commitment to encouraging literacy and creative expression among students.

The students who represented the school were Naeem, Ibrahim, Ismail, Thomas, Diego and Ageesan. Each student demonstrated excellent writing skills and produced inspiring pieces that impressed judges and readers alike. Adding to this achievement, two students, Naeem and Diego, celebrated an even greater success by winning recognition in a poetry competition as well.

As a result of their success, the students' work has been selected for publication in the book *The Adventures of...*, a special collection celebrating young writers' creativity and storytelling talent. Having their work published is a significant achievement and provides them with the opportunity to share their writing with a wider audience.

Furthermore, their published pieces will become part of a literary archive, preserving their work for years to come. This means their creative contributions will remain as a lasting record of their achievements and will continue to inspire future generations of young writers. The achievements of these young writers have brought great pride to their families and the entire school community.

The school congratulates all six participants and especially Naeem and Diego on their remarkable accomplishments. We look forward to seeing more literary successes from these talented students in the future.

Ms Dambrauskiene





PARENT INFORMATION MORNINGS SUMMER 2025-26

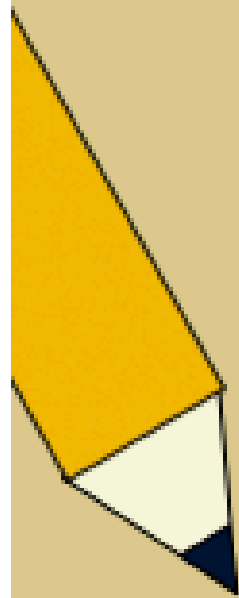
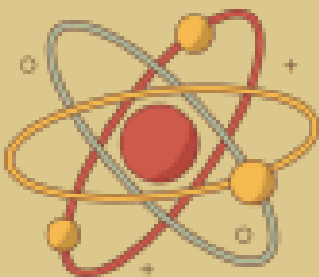
**Wellbeing at Rokeby (Mr Hussain)
Monday 27th April 2026 at 10am**

**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



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.



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

Confirm Password

Passwords match

I agree to the Terms and Conditions and Privacy Policy

Poetry

Banshee - by Anxhelo 7R

Banshee your scream is heard,
With every sound, every word,
With the warning that you bring,
The life of a loved one's on the brink,

With a white cloak and long hair you roam,
Wiping blood stains of the robe,
Combing your hair as you go,
In Ireland you flow,

Malicious your not,
You cry with grief,
You supernatural being honouring the dead,
Thank you for all that is said...



Once in a blue moon by Anxhelo

Once in a blue moon,
I had a dream,
That the water started to gleam,
Even the steam seemed so pristine,
I could only dream of this theme,
The wolves were howling,
While the moon was rising,

The moon shone on all the fields,
It really felt really real,
Water rushing,
It was gushing,
So surreal,
Trees and bushes blue and steel,

Clouds were clear, falling,
No more forestalling.
Land was bright,
In the night,
It was quite right,
The moon was so polite,
In a blue moon's light...





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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



NCL Trust Newsletter



Trust Newsletter

Issue 19 | May 2026



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