



ROKEBY RECORDER

DARE TO BE THE BEST



Issue 18 Autumn Term 2026

Save The Date Upcoming Events for the Autumn Term



**23, 24, 30 September
& 1st October 2026**
Year 6 Tours for
prospective parents

3rd October 2026
10am - 12 noon
Open Morning

October 2026
Black History Month

**19th - 30th October
2026**
Half Term Holiday
(2 weeks)

20th November 2026
NCL Staff Learning Day
(school closed to
students)

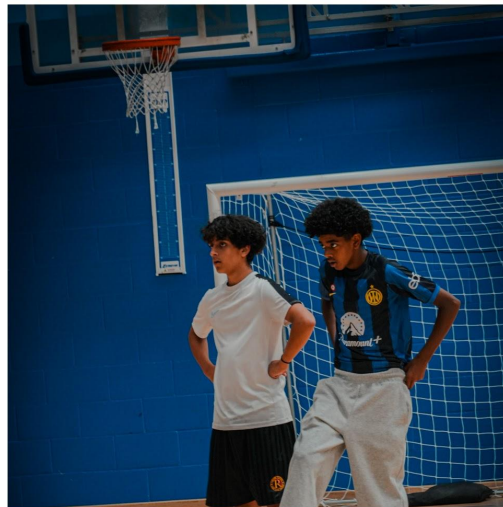
18th December 2026
Last Day of term

A full list of [term dates](#)
and [events](#) can be
found on our website.



[Thought
of the
Week](#)

Dare to be the Best: Rokeby's Values in Action



Rokeby School is a very special place at the heart of the local community. This Summer, we hosted Newham Sports Club's Social Kitchen Hub who welcomed 30 children every day for sports and a hot meal. The meal was funded by the Mayor's Fund for London and the coaching was funded by two local businesses, LTA Direct and Sparemove. Both businesses are connected to Ayub Jeilani, a former Rokeby student who is now investing back into the school and community from which he came. The alumni link does not stop with Ayub. This year one of the coaches was Misbah, a Rokeby leaver in 2025, who has progressed from being an assistant, setting up activities and taking registers last year to leading sessions and acting as a role model to younger participants this year.

continued overleaf

Respect

Success

Passion for Learning

Personal Challenge

Harmony

Dare to be the Best: Rokeby's Values in Action (continued)



In August, Newham Sports Club were invited to the launch of [Sainsbury's new Modern Work Experience](#), designed to help 10,000 young people into work, delivered in partnership with the Careers & Enterprise Company. The Prime Minister, Andy Burnham and Mayor of London, Sadiq Khan, were in attendance. Seven Rokeby students attended the event with Misbah speaking about the football, the meals, and their career aspirations with inspiring composure.

Reflecting on this experience, Misbah said: "I never really thought about where it might lead when I started. I was just turning up after school, on the weekends and during the holidays. This summer I watched kids I've coached stand in a room with the Prime Minister and speak about their futures with more confidence than I had at their age. That's the bit I still can't quite believe." Naser Mohamed, founder of Newham Sports Club CIC and Rokeby alumni commented that "Misbah's story shows what is being built here: a clear pathway from participant, to assistant, to paid coach and future leader. None of it happens without a place to start. Rokeby gave us that foundation, showing what we can achieve for our young people through local collaboration".

Bhavesh Galoria, Head of School

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Information for Parents/Carers

Welcome back to your **SERIOUSLY GOOD FOOD COURT**

back to school

MORE THAN JUST LUNCH!

At secondary school, food isn't just for lunchtime...

Meal deals available!

Each day, choose from:

- Hot main meals or 'grab-and-go' takeaway meals
- Sandwiches, wraps, pasta pots, salads & jacket potatoes
- Street food style dishes made your way
- Savory snacks, fruit pots, home bakes, and much more

TIME TO TAKE CHARGE OF WHAT YOU EAT...

BREAKFAST Start your day right! Grab toast, cereal, yoghurt, or a hot snack before your first lesson.

BREAKTIME Need a boost? Pick up hot snacks such as our PowerBites pots - noodles, rice, and more - or snack pots and bakes to keep you going.

LUNCHTIME Your main event! From hot meals to street food style dishes and grab-and-go options, you've got loads to choose from.

AFTER SCHOOL Pick up a snack on your way out. (Not available at all schools)

WHAT'S ON THE MENU?

From the global flavours of our StreetVibes range to a light and refreshing option from Chill Deal, there's a choice to match every mood, every day!

FSM Look out for the Free School Meal logo! Anyone who receives a FSM can choose a great meal!

DAILY MEAL DEALS & OFFERS

We've got great food at great value - whether you're in the mood for something hot, cold, or totally street food inspired.

Hot Meal & Dessert

Pick from daily hot meals or favourites such as topped jacket potatoes and pasta pots and combine with a hot homemade dessert or a piece of fruit!

StreetVibes is here Tuesday - Thursday!

Mix things up midweek with our StreetVibes street food.

Choose your base (like noodles, rice or a wrap), add your protein, then top it your way.

There's something new each week - from zingy noodles to loaded spuds and saucy wraps.

Visit the restaurant to see what's on!

Chill Deal

Grab a quick cold lunch! Choose any 4 items marked with the Chill Deal sticker including fish balls, salad or savory snack pots, and more home bakes.

LOOK OUT FOR THE CHILL DEAL STICKERS!

Innovate

AND THERE'S MORE...

Love to snack or graze your way through the day? We've got plenty to keep you going - available at break and lunch!

POWER BITES

Power up with PowerBites - hot snack pots packed with flavour at a small price!

HOT & COLD DELI PICKS

From fresh filled rolls and hot wraps to salads and sushi pots, our deli range is ideal for mixing it up or grabbing a lighter bite.

THEME DAYS & KEY MOMENTS

Our themed events bring action packed fun to the restaurant. From festive food celebrations to opportunities to experience new flavours from around the world, there's always something fun and delicious to explore!

LOOK OUT FOR SPECIAL THEMED MENUS TO MARK BIG OCCASIONS

Celebrate LUNAR NEW YEAR

READY, SET, REFUEL IT'S BACK TO SCHOOL

HAVE YOU GOT AN ALLERGY OR INTOLERANCE? NO PROBLEM!

All our dishes come with full ingredient and allergen information, and any pre-packaged items are clearly labelled with the 14 major allergens.

Need extra support? Our Allergen Buddies are here to help you choose safely, answer questions, and make sure you can eat with confidence every day.

DID YOU KNOW...?

School food is fresh, tasty, and great value - with menus created by expert chefs and nutritionists.

- ✓ Better value than the average packed lunch or high street alternative
- ✓ Balanced for energy, focus & fuel for the school day
- ✓ 99% of our food is prepared on site and cooked fresh each day
- ✓ 100% of vegetarian and vegan dishes are accredited by the Vegetarian Society
- ✓ We work hard to trace the origin of our food. On our menu, you can find: 100% British milk, 100% free-range eggs, 100% sustainably caught fish, seasonal fruit and veg, Red Tractor meats and poultry
- ✓ Clear allergen labelling & Allergy Buddy support
- ✓ Eco-friendly food presentation packaging - 99.9% of this is recyclable and the majority contains recycled content
- ✓ Relaxed spaces, friendly service & contactless payment

SAVE OVER £500 PER YEAR!

You could be eligible for free school meals.

To check your eligibility scan here

ALLERGEN BUDDY

Newham London

Changes to free school meals

From September 2026, Free School Meal (FSM) eligibility will expand across England.

All families receiving Universal Credit will qualify, removing the current £7,400 income threshold.

There will be two benefit-based FSM categories:

Targeted FSM

For pupils in households in receipt of Universal Credit with earned income below £7,400 per year.

Expanded FSM

For all other households in receipt of Universal Credit.

Families are encouraged to apply once during their child's time in a state-funded school in Newham. Unless your name or National Insurance number changes, there is no need for you to re-apply.

Eligibility is reviewed regularly using details provided on your latest application.

Only pupils receiving Targeted FSM will continue to attract Pupil Premium funding and access to **Holiday Activities and Food (HAF)** programmes.

Transitional protection will end on 31st August 2026, from 1st September 2026 all families must meet the targeted or expanded eligibility criteria to remain entitled to free school meals for the remainder of the academic year.

newham.gov.uk

ANGLO EUROPEAN SCHOOL

OPEN EVENING

YEAR 7 & INTERNATIONAL SIXTH FORM

Thursday 24 September 2026

16:30 - 20:00

LEARN MORE

www.aesessex.co.uk

Willow Green, Ingatstone, Essex, CM4 0DJ

Please note that due to the new school building programme, parking will not be available on the school site.

Information for Parents/Carers



Centre for Young Refugees and Migrants

READING CLASS
3.30PM - 5.15PM

Thursdays

Custom House Library
Prince Regent Lane
E16 3JJ

(Bus no 262/473/147/276
DLR - Prince Regent/ Custom House)

Reading
English Practice



YOUTH CLUB
6PM - 8PM

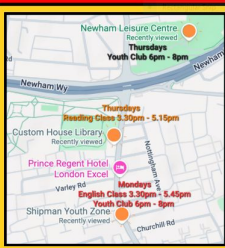
Newham Leisure Centre
281 Prince Regent Lane
E13 8SD

(Bus no 262/473/147/276
DLR - Prince Regent/ Custom House)

Football (outdoors)
Volleyball
Table Tennis
Basketball
Badminton
Pool



Come to the back sports centre



Follow Dost_Centre on Insta

Check out the Welcome Doc

[Click Here](#)

TRIPS AND RESIDENTIAL HOLIDAYS

When you come to club you can have the chance to come to different trips and residential holidays or do work experience.

Add Marian to your contacts and message me on WhatsApp **07852855711** to get messages about the Club.

DOST
Centre for Young Refugees and Migrants

Dost is for 13-19 year old young people, from other countries, (who are from a refugee, migrant or asylum-seeking background) and live anywhere in London. It's free to attend...some trips and residential cost a little money.

ENGLISH CLASS
3.30PM - 5.45PM

Mondays

Shipman Youth Zone
340 Prince Regent Lane
E16 3LH

(Bus no 473/147/304
DLR - Prince Regent/ Custom House)

English practice
Reading/ writing
Homework help
Games
Art

English Class is closed in the school holidays but we will do different activities



YOUTH CLUB
6PM - 8PM

Shipman Youth Zone
340 Prince Regent Lane
E16 3LH

(Bus no 473/147/304
DLR - Prince Regent/ Custom House)

Football (outdoors)
Boxing/ gym
Board Games
Table Football
Table Tennis
Volleyball
Workshops
Cooking
Pool

TREASURE BOXING CLUB 'feldy

TOWER HAMLETS

ACTIVITY PROGRAM

MONDAYS

5pm Children | 6-12 years old

£4 (Payable online)

VENUE Feldy, 18 Aberfeldy Square, E14 0XA

EMAIL FOR FURTHER INFORMATION
INFO@TREASUREBOXINGCLUB.COM

WWW.TREASUREBOXINGCLUB.COM

GET SCOUTED
TALENT ID DAY

Newham & Walthamstow Get Scouted Talent ID Day 24th October

Saturday, 24 October 2026

Eastlea Community School

Ages 5-7 years, 4-6 years, 7-9 years, 9-11

[Book here](#)

getscouted.football

Information for Parents/Carers

Chance for students to win £250 National Book Tokens



Know a student or young person starting something new? Whether they're heading to university, starting a new course, moving away from home, beginning an apprenticeship or simply discovering the books they love, every new chapter deserves a little encouragement. National Book Tokens give young people the freedom to choose the books that are right for them – from study essentials and career inspiration to stories that help them explore new ideas, discover new passions and see the world differently. This autumn, we're giving you the chance to **win one of five £250/€250 National Book Tokens**. Nominate someone special in your life and give them the opportunity to choose the books that will help them on their next adventure.

Enter using the form below (scroll to the bottom of [this page](#)) – if you're a young person, you can enter and nominate yourself! Five winners will be picked at random after Sunday 18th October 2026.

Language, Communication & Interaction Service (LCIS)



If your child needs support with their speech and communication, sensory needs, behaviour, sleep or eating, please join our parent sessions to find out how you can support your child's development.

Sessions are online on Monday evenings 7-8pm or Thursday afternoons 1-2pm week beginning: 14th September 2026

- Session 1:** Developing communication
- Session 2:** Differences in thinking and learning
- Session 3:** Understanding Sensory Needs and Emotional Regulation
- Session 4:** Support from School / Nursery, EHCPS
- Session 5:** Overcoming challenges with eating
- Session 6:** Overcoming challenges with sleep

Email: Androulla.Kyriacou@newham.gov.uk / kari.Askey@newham.gov.uk to book on

Information for Parents/Carers

BEST START IN LIFE | NEWHAM FAMILY HUB NETWORK | Newham London

Fathers and Male Carers Service



Stronger Dads. Stronger Families. Stronger Newham

Being a dad is one of the most important roles in the world, but it can also feel overwhelming, isolating, and sometimes lonely. **That's where we come in.** We are here for fathers and male carers across Newham. Whether you're a new dad, a separated dad, a stepdad, a grandad, or a man caring for a child in any capacity, you belong here. **This is a space where dads are welcomed, valued, and supported.**

newham.gov.uk/dads **WE ARE NEWHAM.**

BEST START IN LIFE | NEWHAM FAMILY HUB NETWORK | Newham London

Saturday Fun for Fathers, Male Carers & Children

Sports, games, activities and time together!



Every Saturday during term time | From 18 July | 10am–12:30pm

Join us for a relaxed and friendly Saturday morning filled with activities for your family.

Take part in:

- Football, table tennis, dodgeball and pool
- Arts & crafts and board games
- Workshops and group activities

Location: Shipman Family Hub & Youth Zone, E16 3JH

No need to book – just come along.

newham.gov.uk/dads **WE ARE NEWHAM.**

Newham London

Primary Parent Virtual 'Drop In'

On the last Wednesday of each half term.

About these sessions:
LCIS SEN Practitioners are available to meet with parents to problem solve possible difficulties at home.

Possible points for discussion may be:

- Transitions into school or trips into the community.
- Emotional regulation strategies for home.
- Social communication 'top tips'.
- Preparing for changes.

'Drop in' appointments are available on a 'first come, first serve' basis and are limited to 30 minutes.

Who? Parents and carers of primary school children.
When? The last Wednesday of each half term, 9.00 – 12.00.
Where? These are online meetings, you will be sent a link upon booking.

Please note: Practitioners will **not** be able to give advice about placement or EHCP applications. You will need to contact your SEN Case Officer to discuss this.

To book an appointment please click: [LCIS Parent 'Drop In's'](#)
Or scan the QR code!

For further enquiries please email: LCIS@Newham.gov.uk

Additional date:
23rd September 2026
9.00 – 12.00

14th October 2026
16th December 2026
10th Feb 2027
24th March 2027
26th May 2027
14th July 2027

Scan me

Language, Communication

Autumn 2026

SCERTS® in Newham Training for Parents/Carers

Training for parents/carers of children who:

- Aged Reception to Year 11 who have social communication needs **or** a diagnosis of Autism.
- Parents/carers must be Newham residents or children must attend a Newham school.

Social Communication Emotional Regulation Transactional Supports

Learn about social communication and strategies to help your child interact and stay focused, calm and engaged.

An online evening course!

Please attend ALL 4 sessions on Wednesdays:

11 th November 2026	6.30-8pm
18 th November 2026	6.30-8pm
25 th November 2026	6.30-8pm
2 nd December 2026	6.30-8pm

Online course (Microsoft Teams) – parents will require internet access.

Parents/carers
[Click here or scan the QR code to book a place](#)

Language, Communication & Interaction Service | Newham London

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INFORMATION FOR FAMILIES

Term dates and calendar

A reminder that our term dates and calendar, which includes all key dates for the year can be found on our [website](#).

Term dates for 2026-27

Autumn Term	
Autumn Term 1	Wednesday, 2nd September 2026 to Friday, 16th October 2026
Half Term Holiday	Monday 19th October 2026 to Friday 30th October 2026
Autumn Term 2	Monday, 2nd November 2026 to Friday, 18th December 2026
Additional Closures	Tuesday, 1st September 2026: School Staff Learning Day Friday, 20th November 2026: NCL Training Day
Spring Term	
Spring Term 1	Monday, 4th January 2027 to Friday 12th February 2027
Half Term Holiday	Monday 15th February 2027 to Friday, 19th February 2027
Spring Term 2	Monday, 22nd February 2027 to Thursday, 25th March 2027
Summer Term	
Summer Term 1	Monday, 12th April 2027 to Friday, 28th May 2027
Half Term Holiday	Monday, 31st May 2027 to Friday, 4th June 2027
Summer Term 2	Monday, 7th June 2027 to Friday, 16th July 2027
Additional Closures	3rd May 2027: May Day Bank Holiday

FREE BREAKFAST CLUB

Breakfast Club runs from 7.30am to 8.30am and students wishing to attend Breakfast Club should arrive via the Main Gate entrance.



GENERAL SCHOOL LINKS:

[Term Dates 2026-27](#)



LUNCH MENU



Innovate

Innovate [Menu](#)

SCHOOLWEARUNITED.CO.UK

FASHION STOP
SCHOOLWEAR

You may like to know that the school's uniform supplier, Fashion Shop, now has a website where you can order uniform. Here is the [link](#) to the website.

PARENTING SUPPORT & RESOURCES

[Mental health support: adults](#)

[Mental health support: children & young people](#) [Free Money Management Courses for Adults](#)

[Support for those struggling financially](#)

[Support for those worried about winter fuel costs](#) [Community Health](#)

[Champions: Help With Money](#) [NHS Talking Therapies](#)

[Well Newham Directory of Services](#)

[Newham Parenting Programmes](#)

[Moving Up: Support for parents of children moving up to a new school](#)

[NEW Best Start in Life Parent Hub Website](#)

['What I wish my parents or carers knew ...': A guide for parents and carers on managing children's digital lives](#)

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