



Friday 20th October 2017



ROKEBY RECORDER

DARE TO BE THE BEST

Resilience Month 2017

Moving Towards Your Goals!

Note down some personal goals in your student notebook that you would like to achieve by the end of 2017. Split your goals into categories. Schedule in the small steps that you need to take to achieve your goals.

You are 42 percent more likely to achieve your goals just by writing them down.



INTERNATIONAL NEWS

Readers will remember that Rokeby's GhanaKuo team were lucky enough to visit our partner school in Cape Coast, Ghana, towards the end of last summer term. The visit was the culmination of two years of fundraising. One of our main contributors was the Worshipful Company of Chartered Secretaries and Administrators (WCCSA). Obviously, they were keen to know how we got on, so on 13th September, they invited us to their networking meeting at the Guildhall, to give a presentation to thank them for their donation. The GhanaKuo team (Mr Opoku, Ms Lawson, Al Nowed Abdullah, Precious Adetunji, Farduesh Rouf, Ibrahim Khamis, Yusuf Janneh, Boris De-Heer Johnson) took turns explaining different parts of our visit including: peer



teaching in the school; exchanging gifts; visiting the historically important slave forts; walking along the canopy walkway at Kakum National Park and meeting the Paramount Chief of Oguaa Traditional Area. It was quite a nerve-racking experience, seeing the rows of WCCSA members

watching and listening to the GhanaKuo team present their experiences of Ghana. It was an accomplishment for all, because the presentation was very well received and we have been invited to apply for additional funds to invite our Ghanaian buddies to London. After the hard work, the team enjoyed networking and chatting with WCCSA members over drinks and canapés.

Our Values: Respect, Success, Passion for Learning, Personal Challenge, Harmony

THOUGHT OF THE WEEK: *"No one ever got to the top of a mountain in one giant jump. Challenges can be overcome, and goals can be reached, but it can only happen one step at a time."*

Free School Meals



Are you entitled?

Have you applied for free school meals? Applications are very simple and are made online: <https://www.newham.gov.uk/Pages/Services/Free-school-meals.aspx>

You may be eligible if you claim benefits or child tax credit. If you need help making an application you can pop into school on **Friday mornings at 9.45am** and ask for **Ms Henderson**. You will need to bring your National Insurance number with you.

Dates for your



Mon 23rd October

Half Term Break

Enjoy your holidays!

There are plenty of opportunities for parents & carers to come into school, to meet staff, ask questions or to raise any concerns. Please look out for our Parents' Calendar which is sent to all parents every half term. This details all our events including our regular coffee mornings, Parent Information Sessions and meetings in various different languages. Our coffee mornings take place every other Friday at 9.45am. Our next one will be after half term on Friday, 3rd November. **Ms Henderson**



Attendance & Punctuality

PERSONAL CHALLENGE AT NEWHAM'S CROSS COUNTRY CHAMPIONSHIPS!

On Wednesday, 11th October, 10 boys braved the rain and ran in the annual Newham cross country championships on Wanstead Flats. The boys participated against the majority of schools in Newham and were able to run with pride against the best.



The older boys had to compete in the Year 8 and 9 race and the most impressive Rokeby athlete on the day, Aldas Tarasevicius 8O, finished the race with an astounding 4th place!

We are extremely proud of this performance by a natural athlete. Well done to the rest of the boys, Kenzie Da Silva Assurreira 8O, Mauro Correia Nobreya 8R, Anthony Atie 8K, Hammam Al Hammami 9B, Joshua Irabor 9Y and Ali Muhammad Al-Baity 9E, who completed the race and finished in the top

Our Year 7 team, Joseph Gibson-Ngare 7B, Suhaib Mohamud 7B and Muhammad Ben Maidi 7E, learnt so much from the experience and were delighted to be involved in the atmosphere. All three boys managed to complete the race and finished in the top 45.



Best Attendance
7E - 99.5%

Best Punctuality
7E - 98.5%

Did you know:
90% attendance = 1/2 day missed every week.

90% attendance over one school year = 4 whole weeks of missed lessons!

How is YOUR tutor group doing?

WORD OF THE WEEK

This week our word of the week is ...

Obliterate

Can you find the meaning of this word and make a sentence? Once you have, come to the library and see Ms Hendrickson for an achievement point.