

Friday, 16th December 2016



ROKEBY RECORDER

DARE TO BE THE BEST

ROKEBY STUDENTS GET A TASTE OF THE FUTURE



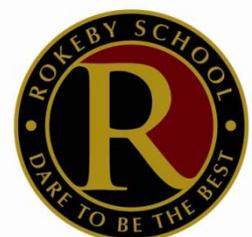
Left to right: Eduardo Macedo (Accenture), Rui Monteiro Djassi, Caio Alves Silva, Miami Batista Taborda, Cesar Barbosa Gomes, Rafael Lima Martins da Trindade, Joel Silvestre Vaz Quaresma, Deolindo Dos Santos Lima, Joao Soares, Eliseu Pereira Manessim, Vinicius Barboza Dos Santos (Rokeby), Alistair Whitehead (Accenture).



On Friday, 2nd December, a group of Portuguese-speaking Rokeby students visited the Iberian desk at the global professional service company

Accenture to find out what the future could hold for them. We were treated to a tour of the offices to see all the new technologies staff working there use. We also visited their Innovation Centre, where we were given a high-tech, high-octane insight into what the future could hold for the world. And we got to play with the virtual reality kits and our favourite robot Pepper. Workshops took place in English and Portuguese and Accenture employee Eduardo gave us an overview of his career and travels, demonstrating how important his language skills are in his work. The boys were very impressed by all the different places he had visited. The Rokeby students really enjoyed the whole

experience. Rui wrote: Accenture was a good opportunity for me as I was able to see a good job in the future for me. I was inspired by the technology used by the staff in Accenture and by the fact that they help out many companies and businesses in London such as Argos, Barclays and Morgan Stanley. The visit was also fascinating because we saw the new stuff going on in the world. The trip overall was fun and I would like to go again to see other departments in Accenture. Miami said: I think that the trip was amazing because it taught me new things such as what will be happening in 2020 and how it's going to work and other things like robots talking and moving like humans, so it was a great experience for me.



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

THOUGHT OF THE WEEK: *Teaching peers is one of the best ways to develop mastery*

SCHOOLED IN FINE DINING

School meals offer great value for money as well as being tasty, healthy and nutritious. School chefs like Rokeby's Peter Wright are as capable as any you would find in a large restaurant. Recently, as part of National Schools Meals

Week, Pete spent a day with star chef Alyn Williams at his highly successful Michelin star Mayfair restaurant The Westbury. Williams, who trained under Gordon Ramsay, was born in East Ham and is an avid West Ham United fan.

"It was the best day of work I have ever had," said Peter, who works at Rokeby School in Canning Town on behalf of Newham Catering and Cleansing Services (NCCS).

"The biggest thing I noticed was how relaxed it was in the kitchen. The other thing is that Alyn just cooks what is ordered, maybe 30 lunches, whereas we have to estimate the numbers and we cater for 360 pupils."

Peter picked up tips about cooking lobster and scallops to name just a few, while enjoying the chance to practise under Alyn's



watchful eye. He said: "Alyn was surprised by what we do. He didn't appreciate that we make our meals from scratch. For example, if we have to make a sauce, we do it from scratch. That was a pleasant surprise to him

and he said he would like to come and spend a day in our school kitchen."

As one of nine siblings with a mother who was a school cook, Peter has been closely associated with the preparation of food for a very long time. His earliest memories of school dinners involve lots of chips, toad in the hole and rice pudding. Since then, school meals have undergone a massive

change in line with the growing focus on health. In the seven years he has been at Rokeby School, he has seen a huge increase in the amount of vegetables they use.

Said Peter: "My mum was a cook at school because with nine of us she wanted a job that could fit in with us and our holidays. I am glad to be keeping the tradition in the family."

With thanks to the Newham Mag

DATES FOR YOUR DIARY



Mon 19th December
Winter concert, 2pm

Tues 20th December
Last day of term
School finishes at 12.30pm

Thurs 5th January
First day of spring term.
School starts at 8.30am for all.

ATTENDANCE & PUNCTUALITY

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?

Congratulations this week go to:

8Y with the best attendance at 98.7% &

8E with the best punctuality at **98.8%**

NO MORE ENERGY DRINKS IN SCHOOL!



From now on, energy drinks will be confiscated and thrown away. Energy drinks are very unhealthy; they are high in sugar, caffeine and other additives all of which have negative effects on mood, behaviour and concentration. In addition research shows they can cause cardiac abnormalities and diabetes in children and young people. Water is free and is the best way to stay hydrated and energised.

WORD OF THE WEEK

This week our word of the week is **synchronise**

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