



Friday, 10th February 2017



ROKEBY RECORDER

DARE TO BE THE BEST

Year 8 Science Work

In our class we are learning about the respiratory system and how it works. Two weeks ago Dr Asamoah set a project, it was to create a model of the whole respiratory system. Most people made a bell jar model using a bottle. Two people made a detailed poster and explained how the parts of the respiratory system work, others used sponges, bread dough and clay to make their model.

Let me now tell you how the respiratory system works. It is the system which allows oxygen to pass through our lungs into our body cells. When we breathe in (inhale) oxygen air passes through our trachea (windpipe), then to the bronchus, bronchioles and the alveoli (air sacs). From here the oxygen diffuses into the blood capillaries while the carbon dioxide from the body cells diffuse into the alveoli. The carbon dioxide then travels from the alveoli back to our nasal cavity; this happens when breathe out (exhale).

Jose David Rendon 8R



Diversity Month

Rokeby is celebrating Diversity Month throughout February. It is an opportunity to recognise and honour the diversity in our community. By celebrating our differences and our similarities, we hope students will gain a better understanding of each other's heritage, language, disabilities and sexual orientation. Look out for more updates throughout February.



Our message is that whatever our background we are all human.

#iamibe

Our library now stocks a new collection of books focussing on diversity.

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

THOUGHT OF THE WEEK:
Diversity: we have more in common than separates us

Rising Football Star

When Leicester City clinched the Premier League title at the start of May 2016, very few people at the time would have wondered how it might impact on the life of a former Rokeby student but Calvin Ughelumba has certainly made the most of the Foxes' shock triumph. The talented defender, just 17 has been on the books of the champions since the autumn of 2015 and witnessed a great deal.

Leicester's stunning achievement has enabled him to travel all over Europe this season and feature in the UEFA Youth League. His career started when a talent scout spotted him playing at a local training club and arranged trials for him with Barnet and Wolverhampton Wanderers. He had a chance to demonstrate his real potential and not long after he was offered a contract with Leicester.

It's safe to say that it has been a whirlwind for the former Rokeby student since joining the Foxes. As part of Leicester's academy he has witnessed how the club has kept on shocking Premier League clubs before they put themselves in pole position to claim the title. Calvin says: *It was amazing and just unreal. I think it has helped show football fans you don't always have to be the richest or the most talented to win things. You can do it with pure hard work and determination.*

Leicester's triumph allowed their fans to travel across Europe in the Champions League and it offered Calvin a chance to test himself against the best in his age group. The full-back was an integral part of the Foxes' team which competed in the UEFA Youth League and even scored during their 3-2 home defeat to Club Brugge. Calvin says: *It was a great experience to play against different clubs from other countries and going all over Europe was brilliant. To be honest it all happened so quickly. I came into full time football with the under-19s and I wasn't expecting to travel and play with them. It's been good to see parts of the world and the different playing styles and the way they coach compared to here in England.*

The aim for Calvin and Leicester now is to try and win the FA Youth Cup. Having scored a 2-1 win over Carlisle United a few weeks ago the defender is determined to get his hands on some silverware this season.

With thanks to George Sessions at the Newham Recorder. Article first appeared in the Newham Recorder on Wednesday, 1st February 2017



Left: Calvin Ughelumba during Leicester City's FA Youth Cup win over Leyton Orient at the King Power stadium

Right: Calvin Ughelumba with his team mates in the Rokeby Year 10 squad in 2014



DATES FOR YOUR DIARY



Mon 13th to Fri 17th February

Half Term holidays

Wed 1st March
Year 11 Conference

Thurs 2nd March
World Book Day

Thurs 2nd March
Year 10 Parents' evening

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:

9Y with the best attendance at 99.2% and **8E** with 99.2% punctuality

WORD OF THE WEEK

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

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.