



Friday 9th June 2017



# ROKEBY RECORDER

DARE TO BE THE BEST

## Election Week!!

Tuesday 6th June 2017 saw the Rokeby school election which mirrored the general election of the 8th June 2017. The boys had a chance to vote for their chosen political party after having explored the views of four prominent political parties during tutor times over the last five weeks.

We felt that this would enable students to gain a more sophisticated understanding of the ideologies of some of England's most popular political parties. Moreover, we hope that this will make students feel a stronger connection to the electoral process and make them want to engage with politics now and in the future. **Labour won by a landslide!**

*The humanities team*

### Ballot paper – Rokeby School election

Labour




Conservatives




Liberal Democrats




Green Party




## Sports Day 2017

### Rokeby School staying CALM and carrying on with Sports Day

This year is slightly different for our annual Sports Day, as we have the privilege to be supporting the Campaign Against Living Miserably (CALM). This is a charity dedicated to preventing male suicide. Suicide is the single biggest killer of men under the age of 45 in the UK, hence as an all boys' school, we have a vested interest in fundraising for CALM.

By making a donation to CALM you will help support men within the UK via their helpline, website and webchat. We are also looking at challenging and changing the culture that prevents men opening up and discussing when they need help. We want boys and young men at Rokeby to be able to express themselves when they need help and be able to understand how to support their friends through these difficult moments.

This year students will be able to make a donation of £1 to be able to wear the sports top of their choice for sports day e.g. football shirt, basketball vest or rugby top, alongside wearing the rest of their PE kit. Rokeby Staff are also able to make a donation of £2 on the day. If you would like to support the school in our fundraising quest, then please make sure that your child brings £1 for sports day. Additionally, you are also able to donate to the following JustGiving page:

<https://www.justgiving.com/fundraising/RokebySchoolSportsDay2017>

Let's work together to keep everything CALM for our students and your children at Rokeby School.

**Mr. Perry**

IN SUPPORT OF

CAMPAIGN  
AGAINST  
LIVING  
MISERABLY  
**CALM**

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

# THOUGHT OF THE WEEK: Don't expect to see a change if you don't make one.

## Ramadhan 2017

During the half term holiday, on Saturday 27<sup>th</sup> May 2017, the holy month of Ramadhan began for Muslims. There are two acts of worship that are specific to Ramadhan: fasting from dawn till dusk and performing a special prayer during the night.

As the days are currently quite long, the fast lasts about 18 hours and the prayer at night finishes quite late around midnight and sometimes even later. This means that your daily routine is different compared to any other normal day. Once the night prayer has finished it is around 12:30 am, so I would go to sleep until 2 am. I wake up at 2 to eat a special meal called Suhoor before the fast begins. You are advised to eat healthy foods which will give you energy. We have to finish eating and drinking by about 2:40am. The fast has now begun and we cannot eat until sunset. Just after the fast begins, the morning prayer is performed around 3 am and finishes at about 3:15. Once I have performed the prayer, I go to sleep and wake up at around 11 am. After waking up, I pray the Quran for about an hour and then go to the mosque for the afternoon prayer, which is at about 1:15. After praying, I would spend some time relaxing before spending some time praying the Quran again at about 6 pm. The mid-afternoon prayer is then performed at about 7:30 and then we break our fast at about 9:15 pm. When we break our fast, we are advised to eat healthy foods and to avoid junk food. The evening prayer is performed around this time as well. Then, at about 10:45 pm, the night prayer is performed and the special Ramadhan Taraweeh prayer begins, which finishes approximately at 12:30 am.

Overall, fasting has many challenges but benefits as well. Of course, it is very difficult to go without food and water for 18 hours, but it teaches people to be patient and to be self-disciplined. Also, the prayer at night can be very tiring for many but it allows people to connect with God. The month of Ramadhan is also important for reading the Quran as it was revealed in this month. For many Muslims, this is a chance for them to reflect on themselves and make a positive change in their life. So Ramadhan is a time where Muslims strive to perform even more acts of worship than they normally would in order to become better individuals.

By Luqman Thakor Year 9



## Maths Corner

1. What is the next prime number after 7?
2. The perimeter of a circle is also known as what?
3.  $65 - 43 = ?$
4. True or false? A convex shape curves outwards.
5. What does the square root of 144 equal?



## DATES FOR YOUR DIARY



**Wednesday 14th June**  
Y7 Active Newham

**Thursday 15th June**  
Sports Day and Non-Uniform Day

## 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:

**8B** with the best attendance at 98.3% &

**8R** with the best punctuality at 99.3%

## WORD OF THE WEEK

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

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.