



Friday, 19th May 2017



ROKEBY RECORDER

DARE TO BE THE BEST

GOOD LUCK YEAR 11

The exams have started so good luck to all our Year 11s. Remember that study leave is really important. You need to maximise the use of this time in order to get the best grades possible.



Top tips for study leave:

1. **Equip yourself** with the basics (notepads, pens, stickers and whatever else you need to help you revise).
2. **Start immediately.** Don't waste any time! This time is really important and the earlier you start, the more prepared you'll be.
3. **Practice papers.** This is the best tip on the list. The best way to revise is to test yourself using past papers. They give you an idea of how the paper will be structured and help you practice working under timed conditions. Practice makes perfect!
4. **Remove distractions.** Remove all non-study gadgets. We all know how easy it is to become distracted by your phone or the TV but you need to devote 100% of yourself to revising.
5. **Take breaks.** Make sure you take breaks and give yourself time to rest. The best way to do this is to adopt the hour on - hour off rule. Studies have shown that structured gaps in revision leads to improved results.
6. **Prepare the night before.** Get organised. Get things ready for the next day, get a good night's sleep and have a healthy breakfast.
7. **Stay calm.** this applies to both parents and students. This is a stressful time but it's important to stay calm. Positivity will help you get through this period.



Believe in yourself. Remember that no exam can determine your entire future. If you believe in yourself and perform to the best of your ability, then you can always be proud of what you have accomplished

Don't forget your half term revision classes. The timetable has been given to all students



Don't forget GCSEpod. Now more than ever is the time to be using it. It's an excellent online learning tool that allows you to study and revise independently. Any student in Years 7-11 can access it and all materials are linked to exam board criteria.

www.gcsepod.com

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

THOUGHT OF THE WEEK: In the lead up to the general election our quotes for Thought of the Week are centred around politics. Who will you be voting for?

PARENTING COURSE



FREE Online Resilience Workshop for Parents

Please join us for this 2 hour parent-led workshop to:

- better understand the online world your children live in;
- learn practical approaches to keep your children safe online;
- build the knowledge and confidence to talk with your children about online safety;
- and find out more about Being a Parent Support available from HeadStart!

30th June 2017
9:45 am – 12:45 pm

Rokeby School, Barking Road,
London E16 4DD

For more information, contact:
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How can I help my child use social networks safely & responsibly?

How should I change my digital parenting as my children get older?

How can I keep up-to-date with the online world my children live in?

What can I quickly chat to my kids about to keep them safe online?

DATES FOR YOUR DIARY



Friday 26th May
Y11 Graduation & last day of term

Monday 29th May - Friday 2nd June Half term holiday

Monday 5th June
Year 10 Step into Work Week

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:

8E with the best attendance at 100% &

8R with the best punctuality at **98.9%**

WORD OF THE WEEK

This week our word of the week is

facilitate

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.

in partnership with



HEADSTART
NEWHAM



LOTTERY FUNDED

Homework Club

Every Tuesday, Wednesday and Thursday from 3pm to 4pm in F27.

Every Friday from 3pm-3.30pm in F27.

All year groups can attend.

Supervised sessions

Free access to computers, text books, advice and printers

A quiet and safe study space

Coffee Mornings



There's plenty of opportunities for parents & carers to pop in to school, to meet staff, ask questions or to just socialise with other parents. Our last Coffee Mornings of this half term will be next **Tuesday, 23rd May at 9.45am**

Ms Henderson

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