



NEWS

Quintin Kynaston School

No. 3 23rd September 2005

Headteacher's Message

Dear Parents and Carers

Many thanks to all Year 9 parents and carers who attended the Welcome Evening on Tuesday 20th September. Many of you commented on how useful you found the information supplied that evening. We look forward to your support throughout the year in helping our Year 9 Students do well.

School will close early on Thursday, 29th September for all EXCEPT Year 10 students. Other students will be dismissed from 2.00 pm. Year 10 Students will remain at school to attend a Memorial Service for Rebecca Hope, a former student, who died in a car accident earlier this year.

I would like to remind parents, carers and students that only the school navy blue Schott jacket and sweatshirt may be worn in school. As the weather is getting steadily colder, outside overcoats may be worn to school, but must be taken off after entering the building. We will be phasing out the hooded Schott jacket in favour of a similar type without the hood. We hope to introduce the new hoodless jacket in September 2006.

Finally, a reminder that the school will be closed on Friday 30th September for staff training

Jo Shuter

Wet Lunches

When it is raining, students are allowed to go to their year floors at lunch-time. Classrooms will be opened by Directors of Learning and students are encouraged to read, complete homework or play board games.

Water bottles for Year 7

Healthy Schools water bottles have been given to all Year 7 students this week. They are encouraged to keep them on their desk and drink water throughout the school day. They should not have any other drinks in class with them. If students drink more water, concentration will improve leading to better behaviour and higher attainment. Students are reminded to take their water bottles home regularly and wash them with hot water and washing up liquid.

School Trip

On 28th September 18 students from QK will be visiting Goldman Sachs with Nathan De Garis. Student leave at 10.00, travel by tube and return to QK. The visit is an introduction to finance and academy internships. They will be shown around Goldman Sachs operations.

Black History Month: Recipes

During October the Diner will be cooking different dishes from African and Caribbean culture and would like you to bring in your favourite African and Caribbean recipes. Please include your name and form and put the recipe in the box in Inclusion. Many thanks

James Akinsowan, Ethnic Minority Achievement Coordinator

Extra!

Every Thursday English is being EXTRA!

If you are in Year 10 or 11 and feel like you would like an extra place to work, extra help with any aspect of your English studies, extra tips for how to do well – or more, then come to L4C between 3.45 and 4.45 pm this Thursday and every Thursday. See you there!

Dillena Basra

National Eczema Week

National Eczema Week is an annual health awareness campaign organised by the National Eczema Society. The week aims to raise awareness of the condition that affects one in 12 adults and one-fifth of school-age children.

What is Eczema?

Eczema (or dermatitis) is a common skin condition. There are several different types, the most common being atopic eczema, which affects both children and adults and is closely associated with asthma and hay fever.

Causes

The exact cause of eczema isn't known, but many sufferers are aware of what triggers their particular eczema. These may be rough fibres, perfume, preservatives, chemicals or, sometimes, diet. Eczema may also be triggered by stress, changes in temperature or environmental factors.

Symptoms

Eczema isn't usually life-threatening, but the red, inflamed skin can feel unbearably hot and itchy. The itchiness tends to make people scratch, causing bleeding and making the skin vulnerable to infection. Dry, cracked skin can also make movement painful. Adults and children are often too uncomfortable to sleep, leading to disturbed sleeping patterns and irritability.

Managing Eczema

Although there's no cure for eczema, treatments can help people to manage the condition. Emollients can help to reduce water loss from the skin and act as a barrier or seal.

Where can I find out more?

The National Eczema Society provides practical information, support and advice to people with eczema (as well as dermatitis and sensitive skin) and their families. The charity aims to increase public awareness, raise funds for research into the causes and eventually a cure for the condition, and represent the views of people with eczema.

For more information, call 0207 281 3553 or go to www.eczema.org.

Breakthrough Breast Cancer Walk

60 km on 24th/25th September

PLEASE HELP

Dear Parents and Carers

A teacher from Inclusion with a mission! I am going to be walking for the above charity for personal reasons and I have a personal web page on the breakthrough website.

I need to raise loads of money (£1500) in one week in order to participate, be separated from my family and sleep in a tent in Finsbury Park so if you could help I would be so happy. I could draw your portrait for £10? Or you could send money directly via

www.breakthroughweekend.org

and ensure it goes through under my name, Sharon Worthington and ID No. 55384-9. Thank you for your time and generosity.

Sharon Worthington, Assistant SENCO

Dates to Remember

Thursday 29th September

Early Closure 2.00 pm

Friday 30th September

School closed for Staff Training

Tuesday 4th October 5.30–8.30 pm

Early closure for Open Evening for September 2006 intake

Wednesday 5th October 5.00–6.30 pm

Sixth Form Welcome Evening. Please try to be seated by 5.00 pm for a presentation

Tuesday 11th October 9.30–11.00 am

Open Morning for September 2006 intake

Monday 24th to Friday 28th October

School closed for Half Term break

Do you or your employees want to learn about computers?

Quintin Kynaston is a Specialist Technology School and we are offering Information Technology training for all adults in the community. This includes parents of our students and others who live in the local community. We would also be very happy to help any local businesses benefit from ICT skills being taught to their employees.

The classes are held In the School Library on Wednesdays between 4 and 6 pm during Term time. Classes will be tailored to meet your needs whether you are a parent, local resident or business employee.

If you are interested please complete the tear off slip below and return to Chrissy Theodorou at Quintin Kynaston School, Marlborough Hill, London, NW8 0NL or ring 020 7722 8141 ext: 124 for more information. OR just turn up on Wednesday and join in. All beginners welcome. Very friendly atmosphere.

Enrolment is on Wednesday 28th September from 4–5 pm.

First session on Wednesday 5th October and every Wednesday after that.

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ICT Community Link Return Slip:

Surname: _____ First Name: _____

Tel: _____ Email: _____