



NEWS

Quintin Kynaston School

No. 9 11th November 2005

Headteacher's Message

On Thursday Councillor Brian Connell visited QK to meet with me to discuss general topics relating to schools and education. Councillor Connell is Westminster's Cabinet member for Children's Services. He also met with students and had a general discussion with on matters they felt affecting them. This was an ideal opportunity for students to voice their concerns and views and I would like to thank Councillor Connell for giving his valuable time to our students.

I would like to remind parents and guardians of the importance of attending Progress Review on Thursday 24th and Friday 25th November. Important information will be given to you concerning your son's and daughter's academic progress, and it will also be an opportunity for you to discuss any concerns you may have with your child's teacher.

Jo Shuter

Year 11 Exams

A tough time for Year 11 students at the moment!

Well done to those of you who sat GCSE Maths last week. The next exams are for those of you are taking the Science Modular tests on the 24th November.

Your Mock exams start on Monday 5th December. You will have exams in all your subjects and should be revising sensibly at home.

These are an extremely important practice for Year 11 students. The results will also help teachers decide which exams and tiers students should be entered for.

Enrichment Day

On Wednesday 16th November students will be working in their year groups for the day. Each group will focus on a particular issue that is important for their year.

Year 7	Tolerance
Year 8	Study Skills
Year 9	Healthy Lifestyles
Year 10	Work Experience and Citizenship
Year 11	Staying Safe
Years 12/13	Team Building

At the end of the day there will also be a fund-raising Bake Day in aid of the Earthquake Appeal.

Earthquake Appeal

Following the devastating earthquake in South East Asia, students in Years 11 and 13 decided to start a collection to send to the appeal. Concerned students at QK raised a magnificent £1100. This was sent to the High Commission for Pakistan who wrote to thank us last week.

We will be holding a charity sale of cakes and biscuits during the Enrichment Day with proceeds going to support earthquake orphans. Please help by baking or by buying!

Song, Rap, Poem Competition

Time to be creative and get your talents rewarded. We want you to create a song, rap or poem about Anti-Bullying.

Entries need to be handed in to Room U3A by Friday 18th November. Judging of entries will take place at the end of Anti-Bullying Week at lunchtime on Friday 24th November in the Library.

*Fran, David, Reena and Carlan
Student Support Services*

Technology Coursework

If you took GCSE Technology in 2005, please collect it and the product from your old DT teacher. (We may want to keep a few for display).

Progress Reviews

If you have not yet returned your reply slip, please send this in to school on Monday. Tutors will be sending out appointment letters next week.

QK Talent Day

On Thursday 1st December, Shola Ama will be performing a 'one night only' concert for QK Talent Day.

Dates to Remember

Wednesday 16th November
Enrichment Day

Tuesday 22nd November at 10.40 pm
The film featuring QK will be shown on BBC1 as part of the One Life series.

Thursday 24th & Friday 25th November
Progress Reviews

Thursday 1st December 4-5 pm
Sixth Form Options for Year 11 Students

Friday 16th December
Break Up for Xmas!

Wednesday 4th January
Staff Training Day (INSET): no students

Thursday 5th January
Return to school with Registration at 8.50 am

Do you speak another language?

If yes, we would like to hear from you—especially if you can recommend a book in your language for us! Just fill in this slip and bring it to the Library.

✂

Language: _____

Title of recommended book: _____

Author: _____

Design Technology GCSE Clubs

Please use these clubs to work with your teachers to improve your coursework and exam knowledge. Details on the website

www.qkschool.org.uk



Honey we're killing the kids!!

The BBC is currently showing a series called 'Honey We're Killing the Kids' with the focus on Healthy Eating for young people. Part of this is to encourage people to eat at least 5 servings of fruit and vegetables per day. Fruits and vegetables offer different amounts and kinds of nutrients. To get the complete range of essential vitamins and minerals, eat a variety of fruits and vegetables.

Do your family a favour by encouraging them to eat at least three servings of vegetables (including legumes such as cooked dry beans) and two servings of fruits every day. If you eat more, that's even better. Some experts recommend as many as nine servings. Overall, strive to include the following:

- one daily serving of vitamin C-rich produce, such as citrus fruit or juice, strawberries, melons, tomatoes, broccoli, cauliflower, potatoes or green peppers.
- one daily serving of vitamin A-rich produce, such as greens, or any fruits or vegetables that are orange or yellow in colour (carrots, winter squash, sweet potatoes, cantaloupe, papaya, apricots).
- one daily serving of a high-fibre fruit or vegetables such as apples, pears, raisins, figs, or cooked, dry beans, peas, or lentils.
- try to eat cooked dry beans, peas or lentils several times every week and two to three servings a week of vegetables such as broccoli, cabbage, cauliflower, turnips or brussels sprouts.

For excellent healthy recipe ideas for kids, have a look on the BBC website at:

www.bbc.co.uk/health/

Melissa Johns
Healthy Schools Coordinator