



# NEWS

Quintin Kynaston School

No. 22

10<sup>th</sup> March 2006

## Headteacher's Message

Dear Parents and Carers

The Year 9 Parents Evening on Tuesday is a very important 'information giving session' for all students and parent/carers. Information on preparing for SATs and on Option Choices for GCSE will be given. You should already have appointment times for each subject teacher. Please make every effort to attend.

On Thursday QK hosted an 'On Your Marks' celebrity cook-in for Years 7 and 8 organised by Scolarest. Four students from each year were chosen to cook a healthy meal – with help from our own celebrity chef, Oscar Plumley and Darren Tinkler, the top chef for Scolarest (Westminster catering contractors). The students enjoyed it tremendously and the food cooked by our students and chefs was sampled by the other students. Everyone was amazed at how fantastic the food was, and how easy it was to cook a quick, inexpensive healthy meal. So... look out all you parents. We have been promised that our Year 7 and 8 students will be practising on you at home. Happy cooking!

Next week the Expressive Arts Faculty will be holding the QK Annual Talent Show, as with previous years, this production always sells out very quickly. Only ticket holders will be admitted, please ensure you buy your tickets as soon as possible to avoid disappointment.

*Jo Shuter*

### Dates to Remember in March

Tuesday 14<sup>th</sup> 4.30-7 pm  
Year 9 Parents Evening

Wednesday 22<sup>nd</sup> and Thursday 23<sup>rd</sup>  
Talent Show

Thursday 30<sup>th</sup> and Friday 31<sup>st</sup>  
Progress Evening for all Year groups (except Year 9)

## Talent Show

On March 22<sup>nd</sup> and 23<sup>rd</sup> at 6.30 pm in the Drama Centre. Tickets are £3 from the Drama Office. No tickets will be available on the door for Thursday night.

## Debate with King's College London

Four A-level Economics students represented QK in a video conference on Wednesday 1<sup>st</sup> March as part of an Aim Higher initiative.

Dan Obradovic 13Q, Alex Okore 13U, Craig Duarte 13O and Saad Chishti 13C seemed to relish discussing globalisation with students from other schools and with Dr. Tony Edwards at King's College London.

Thanks to the expertise of Frank Albrecht and Jarrar Khan it was a most professional and rewarding success. We look forward to further video conferences at QK!

*Sharon Worthington*  
*Aim Higher Co-ordinator*

## Revision for SATs

Do you know that it only 22 school days left before the SATs?

Some questions to ask your son or daughter:

- Have you organised all your notes to revise from?
- Have you photocopied any missing notes if you were absent?
- Have you got revision guides? (Available to buy at the Parents Evening)
- Have you organised your revision timetable? Don't leave it all until the last minute!

Students should be spending at least an hour a night at home on revision for their exams; as well as all the revision they are doing at school in lessons.

## Auditioning for a Film

Miss Stevens put me through for an audition for a new BBC film called 'One Year On' set around the time of the London bombings. It sounded like an interesting opportunity as it raises issues that are coming up in all schools around the country. I was auditioning for a part of a small 12 year old called Ayesha.

The people who were observing us act said that they would call one week later but they actually called the next day. Candid Casting (the name of the audition people's company) said they wanted me to go to another audition for the part of Ayesha only, so I went to the other audition. They had a video camera set up. We were paired up and had to read the script we were given in front of the camera. Candid Casting said again that they would call back if they were interested in us.

Yet again they called me back the next day for another audition for Friday 3<sup>rd</sup> March. So I went and a BBC editor was there. We had to take part in an improvisation of someone who had their phone stolen. We were put into threes according to a person's height. After that we had to read from a script in front of a camera but also in front of the other people auditioning (there were around 50!). It has been a great experience - fingers crossed I get the part! Thank you very much for putting me through to the auditions, Miss Stevens, I am grateful.

*Summer Naseib 7K*

## Rain in the Isle of Wight?

Let's hope not as a number of students set off with staff this morning for a weekend of activities. Full report on the fun next week.

## Healthy Eating for Young People

Childhood and adolescence is a time for rapid growth, and the primary dietary need is for energy – often reflected in a voracious appetite! Ideally, foods contributing to dietary energy should comply with healthy eating principles.

Young people should be encouraged to choose a variety of foods from the basic food groups:

- plenty of starchy carbohydrates - bread, rice, pasta, breakfast cereals, chapattis, couscous and potatoes.
- plenty of fruit and vegetables - at least five portions every day.
- lots of dairy products, such as milk, yoghurt, fromage frais and pasteurised cheeses.
- enough protein from meat, fish, eggs, beans and pulses.
- not too many fatty and sugar-rich foods.

Other important dietary habits to follow during childhood and adolescence include:

- drink at least eight glasses of fluid a day.
- eat breakfast – it can provide essential nutrients and improve concentration in the mornings. Choose a fortified breakfast cereal with semi-skimmed milk and a glass of fruit juice.
- take regular exercise, important for overall fitness and cardiovascular health and helps in bone development.
- be sensible with alcohol - experimenting with alcohol is often part of growing up and asserting independence. If you do drink, try not to binge and keep intakes within sensible limits.