



Staff and Student Diary

Monday	3	May:	<i>May Holiday</i>
Tuesday	4	May:	<i>Return from holiday. Staff meeting 08:00 hrs</i>
Wednesday	5	May:	<i>Assembly in the Main Hall 08:00 hrs.</i>
Thursday	6	May:	<i>Student Focus Group working lunch with the Headmaster</i>
Friday	7	May:	
Saturday	8	May:	<i>Sports Day.</i>
Monday	10	May:	

Students Challenged to Adopt a More Active Lifestyle

There is a popular phrase "Exercise for life". The reason of its popularity is that the phrase expresses the essence of exercise, which not only relates to physical strength, but also an energetic mind. This is a profound topic, which should raise more people's attention. This week's assembly focused on 'exercise'. The timing of this is important as students are starting to plan their revision programme for the upcoming examinations.

People living in the modern world from students to adults are often under pressure from study or work, so very often tend to spend their leisure time on home entertainment rather than outdoor activities, even though most of us are aware of the benefits of exercise. In the assembly, the Headmaster asked how many students did exercise outside PE time last week. Very few students raised the hands, it is very likely, the students watched TV or played mobile phone games during their free time instead.

The Headmaster asked students to put their hand up if they knew any benefits to health of being physically active. Beryl volunteered to write their ideas on a flip chart. David added a few benefits of doing exercise, from improving your shape to improving your social life. Students with a little help from Chris identified some of the following benefits of doing exercise: lose weight, build muscles, strengthen bones, increase flexibility, reduce heart disease as well as the incidence of some other diseases and to help sleep, etc. The social and psychological benefits of doing exercise include from relieving tension and stress, to being able think more quickly.



The new school uniforms are starting to arrive. We had our first glimpse of set 1 students wearing it in Assembly on Tuesday. Very smart Girls!



David said 'there are many ways we can exercise in everyday life'. The following examples were given for an average 15 year old student (112 lbs) exercising for half an hour: running at 8 minutes per mile will burn 300 calories, playing football will burn 207 calories, basketball and badminton will consume 117 respectively, ping-pong 104 calories, Yoga 50 calories, walking 85 calories, even when you watch TV, you may burn 3 calories if it is exciting. It can be said that we do not have to go to gym or sports centre to do exercise, we can do exercise everywhere, even while watching TV. The students were set a challenge. Over the next seven days they should try to adopt a more active lifestyle by trying out at least one of the suggestions from today's assembly. Good luck and don't forget the stretching!



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New QDOIC Mathematics Web Page comes on line

James has been busy creating the QDOIC Mathematics department web page. This should be a great resource to help you revise for your mathematics examinations.

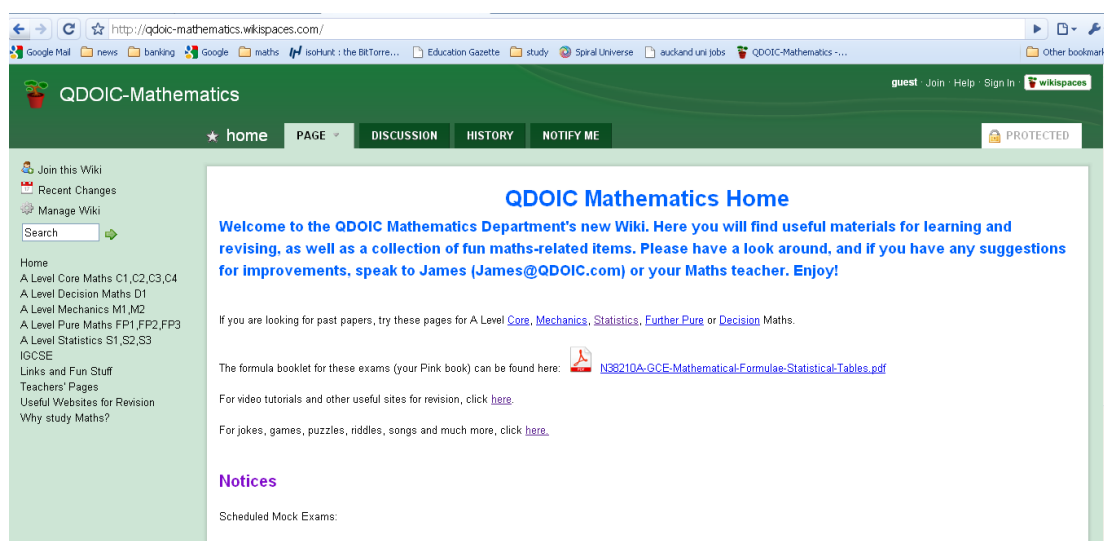
Students can visit this website and download past papers and mark schemes to help them revise for examinations.

There are also some useful links to other websites for revision, puzzles and games.

James is still working on it so keep visiting the website to find out new developments.

The address is:

<http://qdoic-mathematics.wikispaces.com/>



QDOIC Parents UCAS Meeting

Students and parents attended a meeting on Saturday morning to inform them about the university and visa application process. Chris and Yvonne did an excellent job of explaining and leading parents step by step through the application process. The key points are summarised below and on the next page as part one of two. Part two will appear in next weeks newsletter:



The University Applications Process Application Dates

Oxford / Cambridge, Medicine or Veterinary courses - 15th October 2010

15th January for all other courses in the UK and US

All students must complete their online applications before the end of September 2010



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Application Process (UK)

There is a fee of GBP 19.00, which will need to be paid to QDOIC, before the application is registered on the web site and we will pay the money to UCAS.

The first step in the process is to decide which subject you wish to study as an undergraduate.

From there, the teaching staff will advise you as to which universities they should choose.

The UCAS system allows a student to initially apply for up to 5 courses. The teaching staff will advise you, based upon your grades for the AS year.

The A2 (Second) year of most A levels is harder than the first and the calculation of the eventual A level grade is an average of the two, it is unlikely that a student will greatly improve their A-level grade, much more than their AS level grade.

Grade Calculation Example

Assuming a student has a good grade 'D' (49%), at AS level and the final A level grade is calculated using 50% from AS and 50% from the A2 year...

The student must achieve an A* grade (90+ %) for the second year, to achieve a 'B' grade at A level.

$$49 \div 2 = 24.5 \% \quad 92 \div 2 = 46\%$$

$$24.5 + 46 = 70.5\% = B (70\% - 79\%)$$

University Entrance Requirements

The requirements to enter any UK university, vary from course to course, depending on demand for the course in that university.

Oxford or Cambridge normally require 3 A* grades at 'A' level and that is just the start of the process. Every Year, approx. 25,000 students apply for only 7,000 places at Ox-bridge (Source: Guardian 20/1/04)

90% of Oxbridge rejects go on achieve 3 or more A's at 'A' level.

"We don't just select those with the most 'A' levels to their name," said Geoff Parks, the director of admissions at Cambridge, "We're looking for students who have flair and passion for their subject." (Source: Telegraph 22/02/05)

Other universities will normally state the requirement for each course as 'A' level grades.

Advice to Students

Of the 5 university choices available in UCAS, we will be recommending that they choose;

2 with entry requirements above their AS grades.

1 with an entry requirement at their AS grade.

2 with entry requirements below their AS grades.

The Reference

Along with the electronic application form, there will be a 'Reference', written by a member of the teaching staff.

The teacher will be selected, based upon the course you have selected. So, if a student is applying for an Engineering course, the reference may be best written by the Physics or Mathematics teacher



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House Points Table

A running tally of house points is in the Newsletter every week. Students earn achievement vouchers equivalent to 5 House points for exceptional work.

Position	House	Number of House Points
1st	KONG ZI	675
2nd	YAN ZI	610
3rd	ZENG ZI	525
4th	MENG ZI	460

Kong Zi remain at the top of the table. Yan Zi remain in second position ahead of Zeng Zi. Yan Zi were this weeks highest scoring house with a remarkable 45 House points. Kong Zi achieved 30, Meng ZI 29 and Zeng Zi 15 House points. The highest scoring week so far this year.
Well done everyone!

Solution to Weekly Puzzle No.28

Solution:

Start with the 2U which is on the 6th row down and the 7th column across.

Congratulations to Debby for solving this problem!

6D	6D	1R	1R	1R	1R	1D
2D	1D	1U	2L	1R	2D	2L
2U	4R	1U	3R	2D	5L	2L
1R	3U	1U	2D	E	2D	3L
3U	1L	1U	2L	2D	2L	1L
1R	3R	1U	3U	2U	1D	2U
1U	2R	1U	5U	2L	1R	2U

Weekly Puzzle No.29

On my local railway track in Swindon (UK) there is a tunnel which is 5 miles long. A train, which was 440 yards long, entered the tunnel at a speed of 50 miles per hour. How long did it take for the whole of the train to pass completely through the tunnel? [Note: there are 1760 yards in a mile].

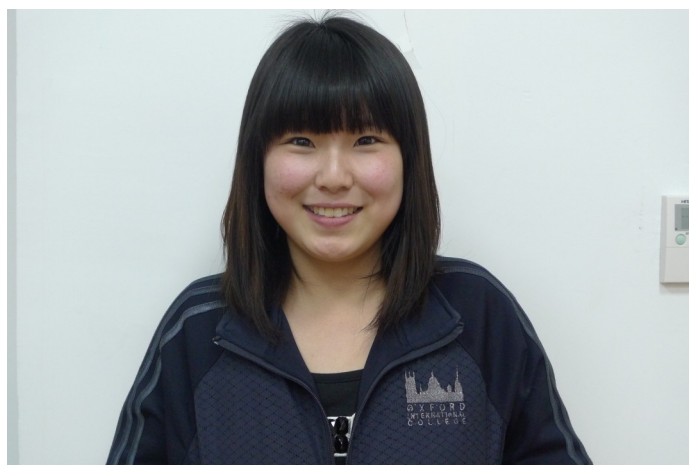


QDOIC Athletics Club Training Sessions

Tuesday 4 May: **6 x 80m** (rep every 6 mins)
Thursday 6 May: **Starts and sprint drills**

Congratulations Debby!

Debby remains top of the achievement voucher table. She has achieved an incredible 31 achievement vouchers so far this year. Chloe has now moved into second place with 30



Well Done Debby!