

# WILLINGDON WEEKLY NEWS

★ 15<sup>th</sup> May 2017 | Yellow Week ★

## Lunchtime Menu

For your information, the lunchtime menu for this week will be the **WEEK 2** menu. Tutors and students should look out for the new menu information for Term 5/6 shown in week 1/2/3 format, which will be available to view in a laminated format in your tutor room.

### COMPLIMENTARY BREAKFAST ITEMS FOR OUR YEAR 11s



**From the start of the main GCSE exam period, free breakfasts will be provided to our Year 11s (on selected menu items only). This option is available to help give our students the energy boost to get their best results, and will run from 15th May until the end of the GCSE season (on days where there are exams taking place).**

**This does not cover all breakfast menu options, some of which will still remain chargeable to students, but will cover the option of a cup of tea or orange juice, toast or cereal, and an item of fruit.**

**Good Luck to all our Year 11s!**

Dear Students

We hope you are enjoying the lunch break items from the new Global Menu, I had a meeting with my company this week and passed on all the good and not so good comments that I have received. Unfortunately I had made a mistake with the Main Meal price and as from Monday the cost will be set charge of £2.10, this includes a dessert or tray bake or yoghurt or a piece of fruit. Whether or not you choose to take up the desert option the cost remains the same. Also a few of the new snack items will have a small price increase.

Also

Would students whose parents add monies to their accounts via parent pay, please check their balances before start of the school day, we are getting far too many coming in whose parents have 'just' added credit but by the end of the day/week they still have not done it. We will no longer be allowing anyone to purchase food unless the money is on their accounts by the start of break.

C Breach Canteen Manager

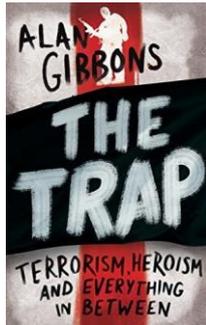
## WELL DONE ...

To those of you getting the bus from Tesco Express on Friday morning. Your behaviour and manners were superb and I was really proud of you when I popped up to check the loading of the buses. I will come along to other bus stops fairly randomly over the next few weeks and I'm sure I'll find the same thing.

Mrs Dixon

## BOOK OF THE WEEK

The Trap is a teen thriller about espionage, a missing brother and the ever-raging war on terror. MI5 agent, Kate, receives a tip-off about an asset, who seems too good to be true. Amir and Nasima are trying to make friends at their new school but struggling to keep a terrible secret. A group of jihadists are planning something. And behind it all stands Majid. Brother. Son. Hero. Terrorist.



## ESCAPE

You are invited to Escape. A youth drop-in exclusively for students of Willingdon School. Every Thursday straight after school in the canteen. Come and play on the Xbox, or board games, watch DVD'S, do your homework on beanbags and visit our toastie bar.

## Outdoor Gym

Students are allowed to use the gym before school, during breaks and after school. Please ensure you read the instructions on the equipment before you use it.

Can I ask students not to climb or hang off the equipment.

Miss Leonard

If you are interested in the following project please come to ICT1 lunchtime on a Friday. Miss Leonard



**Top Tips for healthy eating for teenagers**

This Vitamin is important to help increase resistance to infection.

**Vitamin C**

Helps teenagers stay active and healthy and concentrate in school. Not eating enough of this nutrient can cause anaemia.

**Iron**

Teenage years are important for growth. Teenagers need this to help build strong bones and teeth.

**Calcium**

This is important for growth and repair.

**Protein**

These foods should be avoided as they contribute to obesity and skin problems

**Fatty Foods**

Plenty of these should be eaten - at least five portions every day. These foods provide the body with important vitamins and minerals.

**Vitamins**

Teenagers are active. They need plenty of this type of food to provide them with energy.

**Carbohydrates**

This is needed to maintain a healthy digestive system.

**Fibre**

**WCS Literacy Prompts**

**Remember to correct your spellings when you get marked work back.**

Top Tips

- Write out your spellings 3 times in the margin.
- Keep a checklist of your spelling mistakes in your planner and learn these every week.

Look	
Say	
Cover	
Write	
Check	

