

WILLINGDON WEEKLY NEWS

★ 12th June 2017 | Blue Week ★

Lunchtime Menu

For your information, the lunchtime menu for this week will be the **WEEK 3** 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!



WCS Literacy Prompts

Make sure that you extend some of your sentences by including subordinate clauses.

Top Tips

- Remember to include commas to separate the parts of your sentence.
- Remember the extra information in your sentence should not work as a sentence on its own.



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.

SPORTS AWARDS EVENING

Any student who was invited to the Sports Awards Evening and did not attend, please come and collect your medal/trophy from PE1 asap

Enrichment club - OUTDOOR GYM

Circuit training on the new outdoor gym for students and staff.

Thursday 3-4pm
Wear suitable PE kit.
All welcome

Miss Leonard

Physical Exercise

EXERCISE + YOU = HAPPY

Steps to Success

- Try to walk 10,000 steps a day!
- Hitting can add excitement into your family's walking routine.
- Set aside time each day for physical activity.

THE BRAIN BENEFITS OF EXERCISE

- EXERCISE PROMOTES NEUROPLASTICITY, WHICH IMPROVES BRAIN CELL CONNECTIONS
- EXERCISE IMPROVES MEMORY
- EXERCISE PROMOTES ATTENTION SPAN
- EXERCISE PROMOTES COGNITIVE SKILLS
- EXERCISE PROMOTES A HEALTHY NEURAL CELLULAR NETWORK
- EXERCISE PROMOTES HEALTHY NEURAL NETWORKS

Be physically active...

change 4 life
Eat well Move more Live longer

**— RUNNING —
THE BEST MEDICINE FOR YOUR BODY**

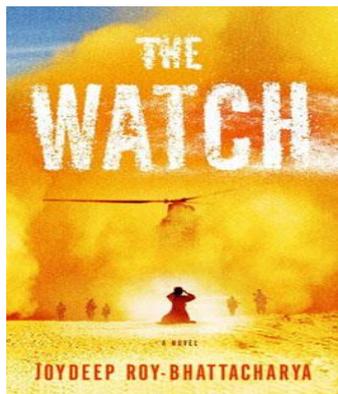
- Powerful Lungs**
Maximizes your lung capacity and improves your breathing efficiency.
- Strong Heart**
Increases blood circulation & blood sugar utilization. Reduces risk of death from cardiovascular disease by 50%.
- Powerful Muscles**
Regularly exercise and build muscle mass.
- Focused & Happy Mind**
Control of your own mind. Better memory and improved thinking.
- Strong Immune System**
Reduces risk of disease.
- Strong & Svelte Legs**
Increases burning of fat. Improves posture. Improves balance. Improves bone density and strength.

BENEFITS OF EXERCISE

- Lower Resting Heart Rate
- Increased vascularity and better oxygen delivery to muscles
- Increased tolerance to intense exercise
- Better body shape
- Better sleeping patterns
- Less stress
- Increased self esteem

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"Sometimes it's good to change your walking routine. Try walking around the block instead of wandering around the kitchen."



BOOK OF THE WEEK

You've had no sleep since the fire last night. The morning fog beyond the walls of your base lifts to reveal a lone woman approaching the gate. She says she has come to claim the body of her brother killed in last night's attack. Is she a suicide bomber? A spy? A lunatic? Or what she says she is – a grieving sister? What should you do? What do you do?



If you would like to attend the Tennis at the Devonshire Park, Eastbourne on Monday 26th or Wednesday 28th June, please come and collect a letter from the PE department.

Itinerary

Meet PE staff outside the town Art Gallery at 10am (next to the Devonshire Park).

Watch tennis from 11am till 3pm or later (parents to inform us of the time you are leaving).

You will have access to the outside courts and possibly Centre court.

First come first served!