

WILLINGDON WEEKLY NEWS

★ 6th March 2017 | Yellow Week ★



Lunchtime Menu

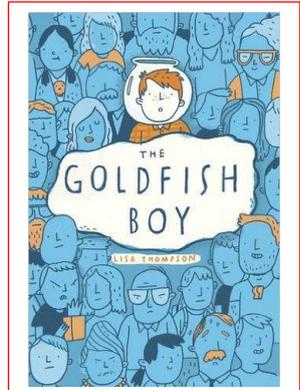
For your information, the lunchtime menu for this week will be the **WEEK 1** menu. Tutors and students should look out for the new menu information for Term 3/4 shown in week 1/2/3 format, which will be available to view in a laminated format in your tutor room.

BOOK OF THE WEEK

Matthew likes sparkling clean surfaces, staying safe in his bedroom and making notes about his neighbours. He hates germs, going outside and feeling like a disappointment to his mum and dad.

When a toddler staying next door goes missing, Matthew finds himself at the centre of the mystery. Every one of his neighbours is a suspect – and Matthew is the key to working out what happened, even as his own secrets begin to unravel.

A story about finding friendship when you're lonely – and hope when all you feel is fear.



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.

Please ensure you bring in a full bottle of water each day to school.

This helps concentration and is a good way of keeping hydrated.



Willingdon Community School Health Tips

How I can help myself stay healthy?

As a teenager, your body is going through many physical changes that need to be supported by a healthy, balanced diet.

By eating a varied and balanced diet as shown in the Eatwell Guide below, you should be able to get all the energy and nutrients you need from the food and drink you consume, allowing your body to grow and develop properly. Some important nutrients to be aware of are:

- Iron
- Vitamin D
- Calcium

Eating healthily doesn't have to mean giving up your favourite foods. It simply means eating a variety of foods and cutting down on food and drinks high in fat and sugar, such as sugary fizzy drinks, crisps, cakes and chocolate. These foods should be eaten less often and in smaller amounts.

