

WILLINGDON WEEKLY NEWS

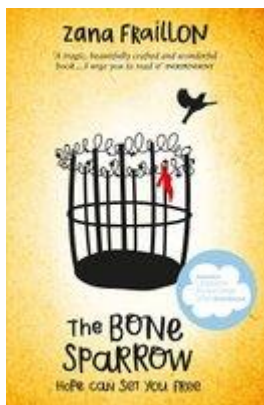
★ 13th March 2017 | Blue Week ★

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 3/4 shown in week 1/2/3 format, which will be available to view in a laminated format in your tutor room.

St Patrick's Day

Friday 17th March is St. Patrick's Day. The Canteen will be preparing an Irish themed main meal to celebrate, please see menu in dining hall.



BOOK OF THE WEEK

Subhi is a refugee. Born in an immigration detention centre, life behind the fences is all he has ever known.

Then he meets Jimmie, a scruffy, impatient girl from the other side of the fence ...

This is one story. The story of millions.

WCS Literacy Prompts

Remember to check any spellings you are uncertain about before you write them.

Top Tip

Try to make up rules to help you learn spellings which you know you often get wrong.



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.

Appeal for Vegetable Seeds



The Eco Garden project is now up and running. We meet every **Monday**, **Wednesday** and **Friday** lunchtime. All students are welcome.

An enthusiastic group of students have been busy weeding and digging over the plot and clearing the polytunnel in preparation for seed planting later this month. We have also measured the site and will shortly be constructing new raised beds.

Jack Humberstone (7SS) and **Harry Hoggins** (7SS) have been particularly hard-working and have demonstrated good knowledge and leadership skills.

We would greatly appreciate the donation of packets of vegetable seeds. Herbs would be especially welcome. Opened packets are fine but please make sure seeds are in date.

Conditions on the plot remain extremely muddy and students are reminded to bring in a coat and suitable footwear.

ENRICHMENT CLUBS - TERM 4

ECO GARDEN - All year groups
Monday, Wednesday & Friday Lunchtime

DEBATING CLUB - Years 7, 8 & 9
Tuesday Lunchtime

STUDIO BAND - All year groups
Thursday 3-4pm

GIRLS FOOTBALL - All Year Groups
Thursday 3-4pm

PLUS MANY MORE

Willingdon Community School Health Tips

As well as eating a balanced diet - we must follow the 8 government recommendations

Eight tips for healthy eating

The Department of Health has produced the following practical tips to help you make healthier choices. They are:



- 1) Base your meals on starchy foods
- 2) Eat lots of fruit and veg
- 3) Eat more fish (2 portions oily fish a week)
- 4) Cut down on saturated fat and sugar
- 5) Eat less salt (no more than 6g a day adults)
- 6) Get active and be a healthy weight
- 7) Don't get thirsty (try to drink 2 litres a day)
- 8) Don't skip breakfast