

WILLINGDON WEEKLY NEWS

★ 24th April 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 5/6 shown in week 1/2/3 format, which will be available to view in a laminated format in your tutor room.

**JUST £1
A CARD**

Friends of Willingdon Community School

BINGO NIGHT

Friday 12th May
7pm

FRIENDS OF WILLINGDON COMMUNITY SCHOOL

Bingo Night!

Bring your own drinks etc. but some nibbles will be provided.
To guarantee your place, please email
friends@willingdonschool.org.uk
Charity No. 1154283

**COME!
PLAY!
WIN!**

**Raffle
Prizes**

**Come and
take on the
teachers!**

ENRICHMENT CLUBS - TERM 5

NEW ENRICHMENT
BOOKLET OUT
THIS WEEK

Sports Awards Evening

If you have competed at county, regional or national level in a sport this academic year, please come and see Miss Leonard/Miss Attrill ASAP

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.

WCS Literacy Prompts

Remember to check your work for spelling and punctuation mistakes when completing exam questions.

Top Tips

Think about:

- full stops
- commas
- capital letters
- apostrophes
- quotation marks



Water is important ! Are you getting enough?



In the UK we should drink 1-2lts or 6-8 glasses a day.



Tap water in the UK is safe to drink, inexpensive and easily available.



Bottled water is 500-1000 Times more expensive than tap water and the disposal of all the used plastic bottles causes significant environmental problems.

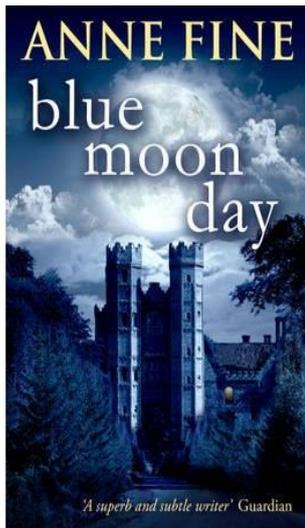
Water is found naturally in many foods e.g. fruit, vegetables, milk, meat, fish and eggs.



Deficiency of water in the diet can lead to dehydration.

Symptoms of dehydration are feeling thirsty, getting a headache, urine becomes very dark, feeling weak and sick, body becomes overheated, skin becomes wrinkled, confusion and changes in blood pressure and heart rate.

Drinking too much water in a short period of time can lead to over diluted minerals in the blood and can be fatal.



BOOK OF THE WEEK

Interested in short stories? Try this collection.

Everyone thinks they know what it's like – going to school.

But have you ever wondered what life must be like at a boarding school? A school for young offenders? A school for the blind?