

The Stanway School
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The Stanway Times



STANWAY SCHOOL DINING HALL MENU WEEK COMMENCING 17TH MAY 2021



WEEK COMMENCING

17/05/21

HOT MEALS ARE AVAILABLE IN THE DINING HALL FOR YEARS 7 & 11. THIS WEEK CHICKEN & WEDGES IN TAKEAWAY POTS ARE AVAILABLE IN THE ATRIUM AND THE OUTLET FOR YEARS 8, 9 & 10

HOT GRAB & GO FOOD, INCLUDING PANINIS, BACON ROLLS & PIZZA ARE AVAILABLE AT ALL OUTLETS AS WELL AS COLD SANDWICHES, ROLLS, WRAPS & BAGUETTES.

PLEASE NOTE NO FOOD WILL BE SERVED AT BREAK

MONDAY

Beef Pastitsio with Garlic Bread
 Mediterranean Vegetable Pasta

TUESDAY

Full English Breakfast
 Vegetarian English Breakfast

WEDNESDAY

Honey Glazed Gammon
 Baked Broccoli and Cheese Gnocchi

THURSDAY

Sweet Chilli Chicken and Rice
 Sweet Chilli Vegetables and Rice

FRIDAY

Hand Battered Fish and Chips
 Lightly Battered Veggie Sausage

(all main meals include fresh potatoes, vegetables or salad)

HOT FOOD PRICE LIST

Main meal (inc still water)	£2.10
Hot Pasta & Sauce	£1.50
Filled Panini	£1.50/£1.80
Bacon/Sausage Muffin	£1.00
Bacon Bap	£0.80p
Filled Wrap	£2.00
Hot Dog	£1.50
Beef or Chicken Burger	£1.20
Chips	£1.00
Jacket Potato	£1.40
Beans/Extra Toppings	£0.50p
Pizza Slice	£0.75p
Sausage Roll	£1.20

COLD FOOD PRICE LIST

Salad Bar	£1.20/£2.00/£2.50
Filled Baguette	£2.00
Wraps	£2.00
Sandwich	£1.75/£2.00
Filled Roll	£1.30
Cold Pasta Pot	£1.20
Fruit Pot	£1.00
Roll & Butter	£0.30p
Snacks & Popcorn	£1.00
Dessert/Cakes	£0.80p
Doughnuts	£0.80p
Chocolate Muffin	£0.60p
Jelly/Mousse	£0.60p
Yoghurt	£0.50p

DRINK PRICES

Shaken Udder Milkshake	£1.25
Shaken Udder Carton	£0.80p
Heartease Bottles	£1.00
Flavoured Water	£0.80p
Still Water	£0.70p
Radnor Fizz	£0.80p
Juice Carton	£0.50p
Milk	£0.50p

THE STANWAY SCHOOL WOODWORK CLUB

Aim - to produce a piece of furniture from softwood (pine) with the use of hand tools

We started off with the basics, how to prepare timber for use in furniture making. So far the students have used a smoothing plane, tenon saw and chisel to produce a Housing Joint. This type of joint is generally used to fix a shelf in a bookcase.

We started two weeks ago and the Woodwork Club has been aimed at a small group of Year 8 students so they can appreciate different types of timber and the uses of timber. Students have also learned about the various types of tools available and how to use them to safely and effectively produce an item of furniture.

The handling of woodwork tools is very important as this allows the user to produce a satisfactory joint or finish to a piece of wood. Understanding how a tool works is at the forefront of any project which needs to be undertaken to be able to complete it successfully.

Mr P Corps, DT Technician

DIARY DATES

- **Friday 28th May**
Last day for Year 11 students. School finishes at 1pm and buses have been ordered for that time.
- **Monday 31st May - Friday 4th June**
Half term holiday
- **Monday 7th June**
First day of term. It will be Week 2 of the timetable
- **Monday 7th June - Friday 11th June**
Year 10 GCSE Food Technology Mock Exams
- **Friday 11th June**
Year 10 DPT immunisations (catch up from Year 9)
- **Thursday 17th June**
Year 7 Parents' Evening 4.00pm - 8.00pm
- **Friday 25th June**
Year 8 HPV2 and catch up Year 9 HPV2 immunisations



ONLINE RESOURCES AND APPS

ALL APPS ARE EITHER NHS APPROVED OR RECOMMENDED BY CLINICIANS

Websites for Young Children	
Coping skills for kids	https://copingskillsforkids.com/calming-anxiety/
Family Lives (also for parents)	http://www.familylives.org.uk
Child Mind (also for parents)	http://childmind.org

Websites for Teenagers		
The Mix	https://www.themix.org.uk	Essential advice and support for young people
KOOTH (11+)	http://www.kooth.com	Online counselling service for young people
Papyrus	http://papyrus-uk.org	Papyrus is the national charity dedicated to the prevention of young suicide. Hope Line UK: 0800 068 4141
Big White Wall	https://www.bigwhitewall.com/	Online mental health community for 16+
Young Minds	https://youngminds.org.uk	Provides a wide range of information about mental health issues in young people

Phone Apps for Teenagers	
MeeTwo	Provides safe and secure forum for teenagers wanting to discuss issues
Headspace	Develop mindfulness and meditation skills
Easy Mood Diary	Simple mood journal, tracker and charting tool
Stress and Anxiety Companion	Reduces anxiety through games and music
WYSA	Artificial Intelligence penguin helps reduce anxiety

Phone Apps for Young Children	
Chill Panda	Provides breathing exercises and a game to help reduce anxiety
Headspace	Develop mindfulness and meditation skills
Cove	Uses music to help capture how you feel and express emotions
Calm	Guided meditations help improve anxiety and sleep
Blue Ice	Evidenced-based app to help manage emotions and reduce urges to self-harm

Take a look at the Mind advice on how to manage Coronavirus here:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse84777>

INTER-HOUSE ENGLISH RESULTS

YEARS 7 & 8		
1st	Rutherford	6pts
2nd	Nightingale	4pts
3rd	Gainsborough	3pts
4th	Wellington	2pts
5th	Shakespeare	1pt

YEARS 9, 10 & 11		
1st	Shakespeare	6pts
2nd	Rutherford	4pts
3rd	Nightingale	3pts
4th	Wellington	2pts
5th	Gainsborough	1pt

OVERALL ENGLISH RESULT		
1st	Rutherford	10pts
=2nd	Nightingale	7pts
=2nd	Shakespeare	7pts
=4th	Gainsborough	4pts
=4th	Wellington	4pts

OVERALL SCORES AFTER 10 EVENTS		
1st	Rutherford	143pts
2nd	Nightingale	141pts
3rd	Gainsborough	113pts
4th	Wellington	106pts
5th	Shakespeare	101pts

The advertisement features several award logos: 'ihr Awards 2020 GOLD WINNER #118A20', 'The FIRM AWARDS FINALIST 2020', 'nexus fostering', and 'Ofsted Outstanding Provider'. The central text asks 'could you foster?'. Below this is a photo of a smiling man, a woman, and a young boy. A red banner at the bottom of the photo reads 'we urgently need carers in Essex'. At the bottom right, another 'Ofsted Outstanding Provider' logo is visible. The website 'www.nexusfostering.co.uk' and phone number '01708 608087' are listed at the bottom.