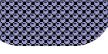


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The Stanway School A Humanities and Maths & Computing College Winstree Road, Stanway, Colchester, Essex. CO3 00A Telephone: 01206 575488 Email: admin@stanway.school Website: www.stanway.essex.sch.uk HEADTEACHER: JONATHAN BLAND BSc (Hons)



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 <u>BREAK</u>

HOT FOOD PRICE LIST

Main meal (inc still water	r) £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
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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)

COLD FOOD PRICE LIST		DRINK PRICES		
Salad Bar	£1.20/£2.00/£2.50		Shaken Udder Milkshake	£1.25
Filled Baguette	£2.00	::	Shaken Udder Carton	£0.80
Wraps	£2.00	::	Heartease Bottles	£1.00
: Sandwich	£1.75/£2.00	::	Flavoured Water	£0.80
Filled Roll	£1.30	::	Still Water	£0.70
Cold Pasta Pot	£1.20	::	Radnor Fizz	£0.80
Fruit Pot	£1.00	::	Juice Carton	£0.50
Roll & Butter	£0.30p	::	Milk	£0.50
Snacks & Popcorn £1.00				
Dessert/Cakes	£0.80P	::		
Doughnuts	£0.80p	::		
Chocolate Muffin	1£0.60p	::		
Jelly/Mousse	£0.60p			
Yoghurt	£0.50p	::		
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DRINK PRICES Shaken Udder Milkshake £1.25 Shaken Udder Carton £0.80p Heartease Bottles £1.00 £0.80p -lavoured Water Still Water £0.70p Radnor Fizz £0.80p : uice Carton £0.50p £0.50p Milk

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DIARY DATES

Last day for Year 11

finishes at 1pm and

students. School

buses have been

ordered for that

Monday 31st May -

Friday 4th June

Monday 7th June

First day of term. It

will be Week 2 of

the timetable

Half term holiday

time.

Friday 28th May

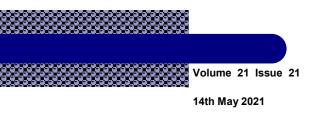
bookcase.

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.

- 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





The Stanway Times

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







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	

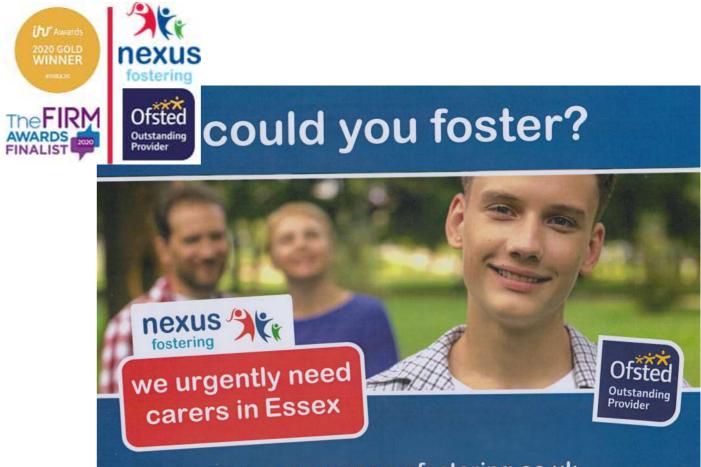
Take a look at the Mind advice on how to manage Coronavirus here:

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

INTER-HOUSE ENGLISH RESULTS

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

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



Visit us at www.nexusfostering.co.uk Call us on 01708 608087

YEARS 9, 10 & 11

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

OVERALL SCORES AFTER 10 EVENTS

1st	Rutherford
2nd	Nightingale
3rd	Gainsborough
4th	Wellington
5th	Shakespeare

143pts 141pts 113pts 106pts 101pts

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