

The Stanway School
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The Stanway Times



STANWAY SCHOOL DINING HALL MENU WEEK COMMENCING 21ST JUNE 2021



WEEK COMMENCING

21/06/21

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

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 Chilli with Rice
 Veg Chilli with Rice

TUESDAY

Full English Breakfast
 Vegetarian English Breakfast

WEDNESDAY

Roast Chicken and Stuffing
 Baked Broccoli and Cheese Gnocchi

THURSDAY

Stir Fry Pork Noodles
 Vegetable Stir Fry Noodles

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

DIARY DATES

- **Friday 25th June**
Year 9 HPV2 immunisations and catch-up form 2020
- **Monday 28th June**
Year 8 HPV1 catch-up immunisations
- **Tuesday 6th July**
~~New Intake Induction Day~~ **Cancelled**
New Intake Virtual Parents' Evening 4.00pm - 8.00pm
- **Wednesday 7th July**
Sports Day **(alternative details to be confirmed)**
- **Friday 9th July**
Non-uniform day for all years in aid of Year 8's charity
- **Monday 12th July**
Year 10 GCSE MFL mock speaking exams all week
- **Tuesday 13th July**
~~Stanfest Music & Drama Evening 6.00pm~~ **Cancelled (alternative details to be confirmed)**
- **Wednesday 14th July**
New Intake School Uniform Sale in the Sports Hall 3.30pm - 7.30pm
- **Monday 19th July**
Prom - **(moved from Thursday 15th July)**
- **Tuesday 20th July**
Last day of term. School finishes at 1pm and buses have been ordered for that time

GARDENING CLUB

Within our Year 7 Hub we have been growing tomato and cucumber plants from seed. Students and school staff were asked to adopt a plant and, over the four weeks we had left during last half term, we held a mini competition to see whose plant would grow the most. We nurtured them and charted their growth and the plants were measured by the students. The tallest and fastest growing plants were judged to be the winners.

Congratulations to Jack and Ms Burgess for winning the tomato plant competition and Toby and Mrs Jaggard for winning the cucumber plant competition.

Our mini gardening club has restarted again and we aim to grow 38 chilli plants, with the support of students, up to the summer break. All members of our club wish to say a very big thank you to the parents who kindly donated the seeds which enabled us to develop this project. It is lovely to give our students the chance to experience growing edible produce in a fun and informative approach.

Ms L Burgess



Jack and Ms Burgess
 Winners of the tomato plant competition



Toby and Mrs Jaggard
 Winners of the cucumber competition



FL Understanding Children Monday 21/06/2021 (delivered over 4 weeks) 19:00 - 21:00	A course to support you and understand your children and provide parenting support. We will explore acknowledging feelings, parenting styles, communication and so much more.	To book: https://tinyurl.com/understanding-children-june Delivered online
FL Preparing for Starting School First Time Tuesday 22/06/2021 10:00 - 12:00 (delivered over 2 weeks)	An opportunity to have support about what you can do to support your child starting primary school from routines to how they learn English and Maths.	To book: https://tinyurl.com/primary-school-1st-time Delivered online
FL Understanding Children Tuesday 22/06/2021 (delivered over 4 weeks) 12:30-14:30	Parenting is not an easy job at all and at this time we all feel that we are being tested. Some days are better than others, but life is not easy all living under one roof all of the time. This course is designed to support you to understand your children and provide parenting support. It covers boundaries, communication skills, understanding feelings and emotions and most importantly how to have fun as a family.	To book: https://tinyurl.com/Understanding-children-pm Delivered online
FL Relaxation for Parents Tuesday 22/06/2021 (just this session) 19:00 - 21:00	This session is aimed at parents who want to spend some time looking after themselves now the children are back at school and to look ahead to the Summer Holidays. Hints and tips to make the most of your free time.	To book: https://tinyurl.com/kcdmdpkz Delivered online
FL Understanding Children's Anxieties Tuesday 22/06/2021 (delivered over 4 weeks) 19:00 - 21:00	Parenting is not an easy job at all and at this time we all feel that we are being tested. Some days are better than others, but life is not easy all living under one roof all of the time. This course is designed to support you to understand your children and provide parenting support. It covers boundaries, communication skills, understanding feelings and emotions and most importantly how to have fun as a family.	To book: https://tinyurl.com/af7b3je7 Delivered online
FL Transition from KS3-KS4 Wednesday 23/06/2021 (just this session) 10:00 - 12:00	Is your child starting Year 10? Do you know how best to support them during these very important years? Come along and we will give you the information you need.	To book: https://tinyurl.com/ewbcfpz7 Delivered online
FL Scavenger Hunt Thursday 24/06/2021 (just this session) 12:30-14:30	Scavenger Hunts are great ways to get your family exploring and the Coast. Learn some great tips on how to put a fun scavenger hunt together that will suit your family.	To book: https://tinyurl.com/hvztj3eu Delivered online
FL First Aid Basics Thursday 24/06/2021 (just this session) 19:00 - 21:00	This workshop will demonstrate the basics of first aid to include CPR, choking and more.	To book: https://tinyurl.com/2jdabja4 Delivered online
FL Self Care Using Apps Tuesday 29/06/2021 (just this session) 19:00 - 21:00	This workshop is aimed at parents. What technology is available to help with self-care including how to not let it take over your life.	To book: https://tinyurl.com/pcvpydnj Delivered online
FL Exploring Essex Rivers Thursday 01/07/2021 (just this session) 12:30-14:30	Explore a range of walks on offer for your family where you can see the wonders of the estuaries that Essex has to offer.	To book: https://tinyurl.com/rjp7jyay Delivered online
FL Family Goal Setting Thursday 01/07/2021 (just this session) 16:30 - 18:30	Set SMART targets for the whole family, learn how vision boards can help us achieve our goals and make your own. Useful but not essential to bring card, old magazines, scissors, colouring pens/pencils, glue.	To book: https://tinyurl.com/k5kefpgk Delivered online
FL Encouraging Reading in the Holidays Wednesday 07/07/2021 (just this session) 19:00 - 21:00	This workshop is for Primary aged children. We will explore ways to keep your child reading during the holidays, taking it outdoors, games etc.	To book: https://tinyurl.com/xufz56e Delivered online

Essex Uniform Exchange

Donations welcome

Drop off points

76, East Hill Colchester CO1 2QW Office hours only or One Colchester Shop 81 Culver St East 10am - 3pm

Is your child in need of a school uniform? Would you like to exchange for another size?

Contact **Essex Integration on 01206 861180**
info@essexintegration.org

ESSEX FREE SCHOOL UNIFORM

The **ESSEX FREE SCHOOL UNIFORM** has been set up to help alleviate the pressure on parents by assisting with the cost of school uniform. It can be accessed by a request through **FOODBANK** (and other partners) or direct through to our email address uniform@dnanetworks.org.

Given that times can be tough financially for a lot of people we will also be able to offer, as an official partner to Colchester Foodbank, foodbank vouchers. This will also work in reverse as Colchester Foodbank will be to process a request from them to us for uniform.

Whilst we will aim to meet all the requests as best as we can, our stock is reliant on donations. Also, ideally, we would ask that when applying for uniform, if you have any old uniform that is too small that it be donated but this is not a requirement.

For more information on Essex Free School Uniform or on the great work done by Colchester Foodbank visit the following links.

Colchester Foodbank www.facebook.com/FoodBankColchester

Essex Uniform Exchange www.facebook.com/essuniex

Drop off centres local to Stanway are:

The Kingsland Church above Aldi on London Road, where there is a box for donations and for Colchester Foodbank, and Colchester Foodbank on Tollgate Retail Park, next door to B&M Bargains.

COVID-19 UPDATE - MESSAGE FROM ESSEX COUNTY COUNCIL

Easing of Restrictions delayed until Monday 19th July

The Government announced it will be another 4 weeks until we move to the fourth and final step of the roadmap out of lockdown. There has been a fast increase in the number of Covid-19 cases and the Delta variant is now the dominant strain in the UK. Step 4 of the roadmap would have removed all limits on social contact. The delay will allow more time to gather data, plus thousands more people will get vaccinated before the easing.

“As a county, we absolutely need to tread a fine line when it comes to further easing of restrictions, balancing the need to contain the spread of the virus with the wider impact on local businesses and the wider economy. I know the announcement will cause concern amongst residents and businesses alike, particularly those within the hospitality sector. However, I would like to reassure them that we have prepared for such an eventuality and we are here to support them. It is vital that the decision to proceed with any further unlocking is based on facts and insight so we can take the necessary action to keep people safe and well” said Cllr Kevin Bentley, Leader of the Council.

Cllr John Spence, Cabinet Minister for Health said “The data is very clearly telling us that we need to proceed with caution. I am sure lots of people will be disappointed by the news however, the delay is a reminder to us all that the Covid-19 pandemic is not yet over, although the ending of restrictions is on the horizon”.

Dr Mike Gogarty, Director of Public Health, reiterated the importance of Covid-safe behaviours. “I cannot emphasise enough the importance of following the rules and getting vaccinated when it is your turn. Everyone’s behaviour is crucial to us managing the spread of the virus. I am urging everyone to follow the guidance, test regularly and get both doses of the vaccine when it’s your turn.”

For more information on any of the above issues, visit the Essex County Council’s website: Essex.Gov.UK