

The Stanway School
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The Stanway Times

STANWAY SCHOOL DINING HALL MENU - WEEK COMMENCING 24TH MAY 2021

WEEK COMMENCING
25/05/21

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

MONDAY
 Homemade Lasagne with Garlic Bread
 Vegetarian Lasagne

TUESDAY
 Garlic Chicken with Potato Wedges
 Vegan Stuffed Mushroom

WEDNESDAY
 Roast Pork with Apple Sauce
 Ricotta and Spinach Plait

THURSDAY
 Beef Chilli and Rice
 Veggie Chilli and Rice

FRIDAY
 Hand Battered Fish and Chips
 Courgette Fritters
 (all main meals include fresh potatoes, vegetables or salad)

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

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

ESSEX FAMILY FORUM

Does your child or young person require specialist medical or physical equipment at home or school?

Essex Family Forum, along with its Family Champions, have worked with representatives from Health, Education and Social Care to develop a survey to help understand families' experiences in regards to equipment. The information will inform services going forward and be used to improve outcomes for families.



To take part in the survey you can visit our website:

<https://essexfamilyforum.org/parent-surveys-and-feedback/current-open-surveys/> or search for Essex Family Forum on Facebook or Instagram where the link can also be accessed.

We need your voice to make positive change for the future. The survey closes on Monday, 31st May 2021.

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 - 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 9 HPV2 and catch up from 2020

SCIENCE STUDENTS CREATE A RAP SONG!

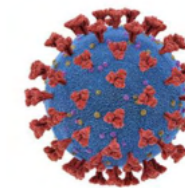
In Science class Sc7CW have learnt about how the body defends itself and how vaccines protect the body from catching viruses. They were set the task of creating a poem or song that could educate people about vaccines and how they work.

Everyone in the class became very creative and shared their work during the lesson. Whilst there were many great creations, one in particular had the whole form singing along. The Vaccine Rap was the class favourite and was written by Charlotte and Megan.

Dr D Brown

Vaccine Rap

Woo ooo vaccine
 Woo ooo vaccine



A vaccine stops you getting disease
 It helps you fight using antibodies
 There's a short delay while the WBCs
 Create those antibodies



Woo ooo vaccine
 Woo ooo vaccine



When the vaccine's in your body
 It creates a mini war
 Once the war is over you are immune
 So feel so proud
 You've had a vaccine



Woo ooo vaccine
 Woo ooo vaccine



Go vaccine yeah yeah
 Go vaccine yeah yeah

CAREERS UPDATE & VOLUNTEERING OPPORTUNITIES

Careers Information, Advice and Guidance is very important to us at Stanway and we are always trying to improve our provision. For more information please visit <https://www.stanway.essex.sch.uk/ceiag/>

In 2003 we introduced a Business Mentoring scheme to the school. This involves a representative from the local business community being attached to a student in Year 10 or Year 11 as a mentor. Meetings of about 30 minutes are arranged in school, usually once a fortnight, where one-to-one discussions are held. The mentor helps the student on issues such as time management, organisation, meeting deadlines, preparing applications and many other things that are important to students during this crucial time.

This past year has been very challenging for everyone and we would like to be able to offer Business Mentoring to as many of our students as possible. If you feel you could help one of our students prepare for their future and have the time, please contact the school and we will arrange a meeting with you.

Mrs T Laney, Careers Advisor

COLCHESTER GLADIATORS

Joshua, a Year 9 student, has recently joined the Colchester Gladiators American Football Club for the under 16s. He really enjoys training and attending the club.

Please see the poster below if you are interested in joining, the club is always ready to welcome new members.

COLCHESTER GLADIATORS
AMERICAN FOOTBALL AMERICAN FOOTBALL AMERICAN FOOTBALL AMERICAN FOOTBALL AMERICAN FOOTBALL

YOUTH TRAINING
AGES 13 - 18
EVERY SUNDAY
CORPORAL BUDD VC GYMNASIUM (RUGBY FIELDS)
BERECHURCH RD, COLCHESTER
12:00PM - 2:00PM
BRING BOOTS, WATER AND A GUMSHIELD
FULLY COVID COMPLIANT - PLEASE DO NOT COME IF YOU HAVE ANY MAIN COVID SYMPTOMS

YOU WILL NEED TO SEPARATE GLASS AND CANS FROM 1 JUNE

Glass only Cans only

Glass and cans separation for recycling

From 1 June 2021 glass and cans will be collected from residents in two separate boxes. Separating glass and cans reduces injuries to our crews (as, when mixed, they must sort items by hand at the truck) and helps to make our rounds more efficient. You can use your own box of a similar size (not cardboard).

More information on glass and can recycling [here](#)

#WelcomeBack Colchester

As we continue to open up Colchester town centre and welcome people back to enjoy all that is on offer from restaurants to bars, hotels to cinemas, remember to follow the guidance, be patient and take your time. With increased cleaning and hand sanitiser stations, we can all enjoy Colchester town centre with confidence. Let's work together to #WelcomeBackColchester safely.

For more information visit: colchester.gov.uk/coronavirus/residents/town-centre-reopening

FIRSTSITE HOLIDAY FUN - MAY HALF TERM - TUESDAY 1ST – FRIDAY 4TH JUNE 2021

As part of Active Essex's ActivAte Holiday Club all activities are **FREE** for families who qualify for benefits-based free school meals or those that require additional support during the school holidays. Lunches for all the family, either dine in or takeaway.

Fun Sports and Creative Art activities for children. Activities take place every day from Tue 1st to Fri 4th Jun at Firstsite, Lewis Gardens, High St, Colchester, Essex CO1 1JH. When you arrive please follow the signage for 'Holiday Fun'.

Art Activities from 10:00am - 2:30pm and Sports Sessions from 10:45am - 11:45am and 12:00pm - 1:00pm.

Family lunches (dine in at our canteen) from 11:45am & 1:00pm or takeaway collection from 12:15pm & 1:30pm

- Please note that advance booking is essential.
- Activities most suitable for 4 - 11 years, but all ages welcome.
- Caregivers are required to stay on site throughout the activities.
- Menus and list of activities available at www.firstsite.uk.

Booking available up to 3 days in advance. Book online: Visit www.firstsite.uk or book by phone 01206 713700 Mon-Sun 9am - 5pm. Limited spaces are available and offered on a first come - first served basis. In line with Government restrictions we ask that you only attend with members of your household or support bubble. Please let us know if you need to cancel your booking so your space can be made available to others who may need it.

We have put a number of measures in place to provide a safe and fun experience for everyone:

- Staff equipped with PPE
- Surfaces and seating cleaned regularly
- Toilets closely monitored and regularly cleaned
- Socially distanced sports activities with equipment cleaned between sessions
- Hand sanitising stations
- Participants' details recorded as part of 'NHS Test and Trace'
- Free workplace testing made available for all our staff

Please wear a face covering if you need to enter the building unless you are exempt. The steps we have taken meet the Government and public health guidance, and we hold the 'Good To Go' industry standard mark.

If you have any questions about our safety measures, get in touch by emailing info@firstsite.uk or call 01206 713 700.

Keeping you safe, Firstsite

BOOK NOW

Colchester Castle

Full of **TREASURES!**

Colchester Castle reopens

Colchester Castle, one of the county's most popular tourist attractions, re-opens its doors on Monday 17 May.

Packed full of nationally important treasures ready for the whole family to discover, there is enough to fascinate history buffs of all ages!

To reserve a timed entry slot and discover over 2,000 years of history, call 01206 282939.

Summer festivals in Colchester

Colchester Events has announced a host of family-friendly festivals this summer.

From the Sausage and Cider Fest on 16 July, to Smoke and Fire – the UK's largest BBQ festival experience, on 20-22 August – there's every reason to 'stay safe and stay local' this summer.

Families will love the ever-popular Nearly Festival returning to Old Heath Recreation Ground on 31 July-1 August and featuring the finest tribute bands around.

For the ultimate outdoor movie experience, head to Castle Park from 5-8 August to enjoy classic films at the Colchester Film & Food Festival.

- Sausage & Cider Festival
- Nearly Festival
- Outdoor Film & Street Food Festival
- Smoke & Fire Festival