

The Stanway School
 A Humanities and Maths & Computing College
 Wintree Road, Stanway, Colchester, Essex. C03 0QA
 Telephone: 01206 575488
 Email: admin@stanway.school
 Website: www.stanway.essex.sch.uk
 HEADTEACHER: JONATHAN BLAND BSc (Hons)

The Stanway Times



STANWAY SCHOOL DINING HALL MENU WEEK COMMENCING 28TH JUNE 2021



**WEEK COMMENCING
 28/06/21**

HOT MEALS ARE AVAILABLE IN THE DINING HALL FOR YEARS 7 & 10. THIS WEEK CHICKEN & WEDGES 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

Chicken and Bacon with Garlic Bread
 Vegetarian Pasta Bake

TUESDAY

Pulled Pork Slider with Potato Wedges
 Corn and Polenta Fritter

WEDNESDAY

Roast Turkey and Stuffing
 Ricotta and Spinach Plait

THURSDAY

Beef Curry with Rice and Naan
 Veggie Curry with Rice and Naan

FRIDAY

Hand Battered Fish and Chips
 Tempura Vegetables

(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

SAY YES TO THE PROM DRESS

On Saturday, 12th June we hosted another successful 'Yes to the Prom Dress' open event here at The Stanway School. With over 200 dresses to choose from, we are incredibly proud to be in a position to lend dresses to anyone who needs one, or who can simply not justify the costs involved in buying a dress, which in all likelihood will only be worn once.

A special thank you goes to our Year 10 prefects, who supported Mrs Barker and Miss Murray at this event, giving up their Saturday in order to do so. Poppy, Yasmin, Lexie and Lily conducted themselves with complete professionalism and helped to make sure the event ran smoothly.

We are now looking forward to supporting next year's prom students.

Mrs S Barker



Top Photo: Our Year 10 Prefects - Poppy, Yasmin, Lexi and Lily
 Bottom left: Suits you Mr MacPhail! Bottom right: A selection of the Prom dresses on display

DIARY DATES

- **Wednesday 7th July**
Sports Day (see Page 3 for more details)
- **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
- **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

ONLINE SAFETY

The Internet Watch Foundation (IWF) are increasingly reporting on concerning and rising levels of 'self-generated' material where children have been tricked or groomed by criminals. The material has more than doubled in the first few months of 2021. From January to April 2021 there were just over 38,000 reports to the IWF, a 117% increase for the same period in 2020.

IWF's advice to parents:

Parents are encouraged to T.A.L.K. to their children about the dangers.

Talk to your child about online sexual abuse. Start the conversation and listen to their concerns.

Agree ground rules about the way you use technology as a family.

Learn about the platforms and apps your child loves. Take an interest in their online life.

Know how to use the tools, apps and settings that can help keep your child safe online.

Discuss and agree on privacy settings for the platforms and apps your child uses, and on more general settings for the family.

If you would like to find out more about this IWF report, please contact Mr Child at the school.

Mr P Child

Dear Parent/Guardian

We hope you are well and that your child/ren is enjoying the summer term and the warm weather! Ahead of the summer holidays we wanted to let you know about the brilliant new Holiday Activities and Food programme which is operating in your local area. We are helping to launch a new film to promote the programme so parents know that their children can get involved in a local holiday club when the school term ends this July.

We know that the holidays can be a really difficult time for families who are struggling to make ends meet or who are juggling work and childcare. The holidays should be a time for every child to enjoy themselves, rather than worrying about having enough to eat or how they can spend their free time. That's why we're really excited about the summer holiday programmes which are being funded by the Government and will take place across the whole of England. This was recommended by the National Food Strategy when it was published last year. A petition supporting the recommendation was signed by over 1 million people.

Places on the holiday schemes are available for free to children who receive free school meals, but children and young people of all ages and backgrounds are welcome to attend. Each local programme will provide delicious, healthy meals, allow kids to get active, help them learn new things, make friends and have fun. That is what the holidays are all about!

You can find out more by watching this new film that we've made: <https://youtu.be/KDgm8KpXAXE>

The holiday programmes are open to children of any age and are free for children eligible for free school meals. They will:

- Provide a safe and supportive environment for children
- Be led by experienced local co-ordinators teaming up with a range of different partners in their communities
- Serve children tasty and nutritious food with opportunities to learn about food and nutrition
- Organise lots of activities so every child can find something they enjoy - from Kung Fu and cooking to bushcraft
- Keep children and young people happy, healthy and active
- Offer a flexible childcare option for busy parents

You can find out exactly what's available in your local area, either by visiting your council's website or by searching online for HAF (that stands for Holiday Activity and Food). We hope you and your family have a great summer with the Holiday Activities and Food programme!

Yours sincerely

Marcus Rashford MBE

Henry Dimpleby MBE (Founder of Leon, Independent Lead of the National Food Strategy)

SPORTS DAY - WEDNESDAY 7TH JULY

Please note the slight change to Sports Day this year.

Field events for Year 10 will be held during P5 on Tuesday, 29th June. All other years will complete their field events on Wednesday, 30th June. All students who are participating are to come to school in their PE kit.

The 1500m will take place during AM registration the week beginning 28th June, there will be a different year group on different mornings. Again, students are to come to school in their PE kit.

On Wednesday, 7th July each year group will head out to the field for one lesson during the day and will have their own mini Sports Day. Once their events are finished students will return to their lessons.

P1 Year 7 will register with form tutors at 8.40am and will then be escorted out to the field.

P2 Year 8 after break at 10.20am will head out to the field to meet their form tutors.

P3 Year 9 after break at 11.20am will head out to the field to meet their form tutors.

P5 Year 10 after lunch at 2pm will head out to the field to meet their form tutors.

Unfortunately, this also means that this year we will not be able to allow any spectators into school to watch Sports Day.

STANFEST - ALTERNATIVE ARRANGEMENTS

Stanfest Live is cancelled but the show must go on!

Stanfest, our live event which celebrates the Performing and Creative Arts at the school, will be a digital event this year. This change was made as a result of the Prime Minister's recent announcement to postpone a full unlocking of Covid restrictions for the safety of our communities. As a school our performances and events are categorised as amateur events and these now won't be able to go ahead until the next phase of the unlocking.

Whilst you can't recreate the magic and atmosphere of live performance work digitally, as we have had to learn this year, digital content can be a close second and of no lesser value artistically. *Stanfest* is one of the highlights of the school year for the Performing Arts and as such, Music and Drama students are still working hard behind the scenes in preparation for *Stanfest Digital*.

Stanfest Digital will be available to view before the summer holidays and access information will be published soon.

Mr J Halford-Pollard & Mr J Harragan

The only exercise class you need!



TIMETABLE

Monday's 6pm @ Stanway School

Weds 6pm & 7pm @ Stanway School

Saturday 10am @ Abbey Fields



Super low impact, high calorie burn, whole body workout
Boosts the immune system, reduces stress and anxiety
Perfect for all ages and abilities

Facebook search - Reboundfitcolchester for more info & booking

£5.50 PER CLASS
PAY AS YOU GO