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The Stanway Times



STANWAY SCHOOL DINING HALL MENU WEEK COMMENCING 7TH JUNE 2021



WEEK COMMENCING
07/06/21

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

Chicken and Bacon Pasta 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

DIARY DATES

- 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 immunisations and catch-up from 2020
- Monday 28th June**
Year 8 HPV1 catch-up immunisations
- Tuesday 6th July**
New intake Induction Day

New Intake Virtual Parents' Evening (times to be advised)
- Wednesday 7th July**
Sports Day 1pm - 3pm
- Friday 9th July**
Non-uniform day for Year 8 charity
- Monday 12th July**
Year 10 GCSE MFL mock speaking exams all week
- Tuesday 13th July**
Stanfest Music & Drama evening 6.00pm

YEAR 11 V STAFF FOOTBALL MATCH

After the postponement of the annual staff v Year 11 football match in 2020, it returned with a bang on Friday 21st May 2021!

The Year 11 team, as always, fancied their chances against, what they thought, was an ageing and unfit staff side. Packed full of youthful talent the Year 11 team started the game with the buzz you would expect from a highly motivated group of teenagers desperate to turn over their teachers. Two chances went missing early on, with the threat of the Year 11 pace clear for all to see. This seemed only to kick-start the old engines of the staff team and they grew into the game as the half went on. Their improvement was rewarded when, after some excellent combination play, Mr Castro placed a left-footed shot into the corner of the net. 1-0 staff!

The battle ensued from this point on with some competitive, physical duels, albeit in great spirit. The next blow was to come from the Year 11s as they equalised just before half-time with a low shot underneath goalkeeper Mr Child. 1-1 and finely balanced leading into the second half.

The staff side freshened up their X1 with new legs at half-time and looked more comfortable defensively at the start of the second half. A tighter back four made it difficult for the Year 11 side to get in behind but, when they did, goal saving challenges from Mr Hanna stopped them in their tracks. The Year 11s continued to push but had to settle for set pieces to get their most clear-cut chances, with Mr Child tipping one delivery just round the post to prevent a certain goal. The staff's defensive base gave the platform for numerous, devastating counter

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YEAR 11 V STAFF FOOTBALL MATCH (CONTINUED)

attacks and this was how the game would be settled. Mr Callaghan showed a pace you would expect from a Year 7 to steam past one of the Year 11 defenders and slot calmly past the goalkeeper. 2-1!

Despite a strong push from the Year 11s to finish the game, it didn't lead to an equaliser. Instead the staff put the game to bed with a third goal. Mr Castro looped a long high ball towards the Year 11 goal. With the swirling wind this held up, bounced and was misjudged by the Year 11 defenders and allowed Mr Callaghan to complete his brace with a finely placed header. 3-1 and game over!

With their first win in years, the staff will be in jubilant mood heading into the final week of the half term. Thank you to all who attended to support the match, it was undoubtedly a great spectacle and a great way to kick off the Year 11 leavers' celebrations.

Mr A MacPhail



FREE PACKED LUNCHES FOR FAMILIES OVER HALF TERM

Kingsland Church, Colchester are offering free packed lunches for children and young people with no questions asked. They know that this has been a difficult time for many and want to support families with whatever way they are able to in line with the Government restrictions.

The packed lunches will be available from Tuesday 1st June - Friday 4th June between 12pm - 4pm at Kingsland Church Colchester, 86 London Road, Lexden, Colchester CO3 9DW.

The lunches will be set out behind the first doors in the foyer. It will be unmanned so families may come and help themselves.

OFFICE HOURS

Please note the school office will be closed during the half term holiday
Monday 31st May - Friday 7th June 2021

BEAT EATING DISORDERS

Beat, the UK's eating disorder charity, is delivering peer support to young people with eating disorders through **SHARED**, an email-based befriending service. Beat provides support to anyone affected by eating disorders. You can find out more about the free and confidential services Beat can offer you below:

Helpline: 0808 801 0677 • help@beateatingdisorders.org.uk

Youthline: 0808 801 0711 • fyp@beateatingdisorders.org.uk

Studentline: 0808 801 0811

[@beatEDSupport](#)

[BeatEDSupport](#)

Visit beateatingdisorders.org.uk for online support groups, one-to-one chat and more information about eating disorders and recovery. Use helpfinder beateatingdisorders.org.uk to find services in your area.

[@beatED](#)

[Beat.eating.disorders](#)

Unit 1, Chalk Hill House,
19 Rosary Road,
Norwich, NR1 1SZ.

Talk to someone who understands your experiences

Eating disorders can be lonely and frightening. With **SHARED**, you can talk with a volunteer befriender who has been there themselves.

Your befriender

You'll be paired with someone aged 18 – 35 who has recovered from an eating disorder. They'll have been trained by Beat, the UK's eating disorder charity. We'll do our best to match you up with someone who's had similar experiences to you. Your befriender will offer a listening ear, support and encouragement and signpost to resources you might find helpful in your recovery.

What to expect

SHARED is a free and confidential service that allows you to get ongoing support at your own pace from someone who can offer you empathy and understanding. Your befriender will send you around one to three emails per week. Beat will moderate these emails to ensure your safety and wellbeing and that you and your befriender aren't identified beyond first names. You can keep in touch with your befriender for up to six months, but you can stop before this if the time is right for you.

Am I eligible?

You can get support through **SHARED** if you are aged 12 – 25 and living in an area where the scheme is running – learn more at beateatingdisorders.org.uk/shared

Beat's benders are volunteers who have recovered from their own eating disorder. Not having someone to talk to regularly about the difficulties and challenges of an eating disorder can be lonely and isolating. By being able to speak to our Beat benders we hope to reduce isolation experienced by those affected with an eating disorder.

SHARED