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The Stanway Times



STANWAY SCHOOL DINING HALL MENU WEEK COMMENCING 10TH MAY 2021



WEEK COMMENCING
10/05/21

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

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

Pasta Bolognese with Garlic Bread
 Vegetable Bolognese

TUESDAY

Butchers Sausage with Bubble and Squeak
 Vegetable Pasty

WEDNESDAY

Roast Beef and Yorkshire Pudding
 Roasted Vegetable and Polenta Tower

THURSDAY

Chicken Curry and Rice
 Sweet Potato and Spinach Curry

FRIDAY

Breaded Scampi and Chips
 Vegetable Nuggets

(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

CHARITY RUN

I decided to take on a challenge and raise money for some very worthy charities at the same time. I started on 1st January 2021 and completed my challenge on Saturday 10th April 2021. My aim was to run for 100 days in a row and I am delighted to say, at long last, it is finally complete!

Starting on the 1st January I put on my trainers every day, dragged myself out in all weathers, and ran a minimum of 3.5 miles. On Saturday, my last day, I stepped out for day 100 and ended up running a marathon! This was the second time ever I had run a marathon and in fact it turned out to be a PB!

It has been a hard challenge but the cause was my motivation each day. I am donating £500 to Single Point (the nurses that work for St Helena Hospice and visit patients daily for pain relief) and have a GoFundMe page that is for Macmillan Cancer Support.

There is a link below if you would like to offer any donation which would be so gratefully received.

www.gofundme.com/f/szx32-cancer-awareness?utm_campaign=p_cp+share-sheet&utm_medium=copy_link_all&utm_source=customer

Miss A Hibben



DIARY DATES

- **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 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 - 6.00pm
- **Friday 25th June**
Year 8 HPV 2 and catch up Year 9 HPV 2 immunisations

GAMES CLUB HAS RETURNED!

Games Club has now had two sessions. These were both really well attended and the Years 7 and 8 pupils had a lot of fun.

The Year 7s enjoyed playing the board games and defeating myself quite quickly in 'King of Tokyo' and loved playing the 'Dungeon Mayhem' game. The Year 8s loved playing the table top battle game 'Kill Team' where Genestealer cultists were targeted and systematically destroyed by the other teams. The students all enjoyed playing these games so much, I feel that I should apologise to their parents as it may be an expensive birthday or Christmas on the horizon! I am looking forward to seeing more students turn up to the club in the future.

If you are in Years 7 and 8 you can find further information on Games Club and its events using the link below:

<https://sites.google.com/stanway.school/stanway-school-games-club/home>

Mr D Davies

INTER-HOUSE DINGBATS QUIZ RESULTS

YEAR 7			YEAR 8			YEAR 9		
1st	Nightingale	6pts	1st	Shakespeare	6pts	1st	Gainsborough	6pts
=2nd	Gainsborough	4pts	2nd	Nightingale	4pts	2nd	Nightingale	4pts
=2nd	Shakespeare	4pts	=3rd	Gainsborough	3pts	3rd	Rutherford	3pts
=2nd	Wellington	4pts	=3rd	Wellington	3pts	Shakespeare & Wellington did not enter a team		0pts each
Rutherford did not enter a team 0pts			5th	Rutherford	1pt			
YEAR 10			YEAR 11			OVERALL QUIZ RESULTS		
=1st	Gainsborough	6pts	1st	Nightingale	6pts	1st	Nightingale	26pts
=1st	Nightingale	6pts	Gainsborough, Rutherford, Shakespeare & Wellington did not enter a team 0pts each			2nd	Gainsborough	19pts
=1st	Rutherford	6pts				3rd	Wellington	13pts
=1st	Wellington	6pts				4th	Shakespeare	11pts
5th	Shakespeare	1pt				5th	Rutherford	10pts

OVERALL SCORES AFTER 9 EVENTS		
1st	Nightingale House	134pts
2nd	Rutherford House	133pts
3rd	Gainsborough House	109pts
4th	Wellington House	102pts
5th	Shakespeare House	94pts



YEAR 11 IMPORTANT NOTICE RE COLCHESTER INSTITUTE

Please be aware that Colchester Institute had a cyber attack last week and currently their internet and phone system are not working. This also means that if you are trying to login to book your interview or to accept a place offered you can't.

Once their systems are back up we will notify you so that you may upload any outstanding information required in relation to your application or book an interview.

Telephone interviews booked for next week on 11th, 12th and 13th May will not be going ahead, unfortunately individual applicants cannot be contacted at the moment. Colchester Institute will contact students with a new date as soon as they are able.

Any questions please speak to the school Careers Adviser Mrs Laney or email her at tracy.laney@stanway.school.



PHEW!



Parenting Help for Emotional Wellbeing



"I cannot stop worrying"
"I don't want to go to school"
"They don't seem very happy"

"They seem to be unable to cope with their emotions, and I don't know how to help them"

The Essex Child and Family Wellbeing service are offering a 30 minute virtual appointment for you to discuss your current challenges and offer strategies to best support your child or young person's emotional wellbeing.

We can signpost you to online resources and recommend services that best support your child or young person's needs. Last **Monday** of the month (excluding Bank Holidays). Appointments available throughout the day. Please contact 0300 247 0014 to book

www.essexfamilywellbeing.co.uk



WATER BOTTLES

We would be grateful if parents/carers could supply their children with a water bottle to bring in to school. At present we are supplying students with plastic cups. This is obviously not ideal as they have to enter an office environment and we would like to discourage this in order to keep everyone safe and also be more environmentally friendly.

Also please note that water bottles can only be re-filled at break and lunchtime. There is a water fountain in the Hall and a tap which provides safe drinking water by the Drama Studios.

Thank you in advance for your co-operation.