

The Stanway School
A Humanities and Maths & Computing College
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The Stanway Times

STANWAY SCHOOL DINING HALL MENU WEEK COMMENCING 18TH OCTOBER 2021

MONDAY

Beef Lasagne with Garlic Bread
 Vegetarian Lasagne

TUESDAY

Pulled Pork Slider with Potato Wedges
 Corn and Polenta Fritter

WEDNESDAY

Roast Beef and Yorkshire Pudding
 Ricotta and Spinach Parcel

THURSDAY

Chicken Tikka Masala with Rice and Naan
 Veggie Curry with Rice and Naan

FRIDAY

Hand Battered Fish and Chips
 Tempura Vegetables

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

(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	£1.50
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	£2.20
Sandwich	£1.75/£2.00
Filled Roll	£1.30
Cold Pasta Pot	£1.20
Fruit Pot	£1.00
Roll & Butter	£0.50p
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

WEEK 2

- **Friday 22nd October**
Non-Uniform Day
- **Friday 22nd October**
Year 9 Junior Prefect Application Deadline
- **Monday 25th—Friday 29th October**
Half Term
- **Monday 1st November**
School Council (form group discussions)
- **Thursday 11th November**
Armistice Day
- **Monday 15th November**
Year 10 Prefect Applications Open

RILEY'S SCUBA DIVING SUCCESS

Well done to Riley in Year 9 who has passed his PADI (Professional Association of Diving Instructors) qualification!

Riley started scuba diving a month ago and has already learnt diving theory, which includes decompression sickness and how to avoid it, nitrogen narcosis, and how to deal with problems under water, before progressing onto putting the theory into practice in a swimming pool and getting used to all the equipment he had been learning about.

Then last weekend, he went to Wraysbury Dive Centre near Heathrow Airport to do his open water dive practice, diving to a depth of 8.6m. Riley is now a fully qualified PADI diver and can dive up to 18m.

He is now looking forward to going on to do his Advanced PADI qualification, which will allow him to dive in lots of other places. He is also looking forward to getting his own dive equipment to help him with his new hobby.

Great news Riley!



I must do my revision
 I must do my revision
 I must do my revision
 I must do my revision
 I must do my revision



YEAR 11 ENGLISH REVISION
 Wednesdays after school (3:20 – 4:20)

20th October - Language Paper 2 - Exam Skills

FREE PACKED LUNCHES OVER HALF TERM

Kingsland Church will be offering free packed lunches for children and young people over the October half term.

These will be available Monday 25th October - Friday 29th October, between 11am-2pm, behind the first doors in the foyer. (This will be unmanned, so families may come and help themselves—no questions asked.)

Kingsland Church Colchester, 86 London Road, Lexden, CO3 9DW

Choose a hairdressing apprenticeship and train with EASI Hairdressing Academy

Find out more at our Open Evening
Tuesday 19th October, 3.30pm-7.30pm
39a Head Street, Colchester, CO1 1NH
hello@easihair.co.uk 01206 579949

Don't just learn hairdressing. BE a hairdresser

HALF TERM TREATS
at Colchester Castle
23 - 30 October 2021

Knightzzz at the Castle
Saturday 23rd
£35 pp

Storytelling Sessions
Mon 25th, Wed 27th, Fri 29th
Free after admission

Kids Castle Tours
Tues 26th, Thurs 28th
£3 pp

Creepy Crafts
Mon 25th, Wed 27th, Fri 29th
£5 pp

Halloween Evening
Saturday 30th
£15 pp

Colchester Borough Council Colchester Castle
www.colchester.cymuseums.org.uk/events

ESSEX SELECT ACADEMY
2021 OPEN TRIAL

ELITE FOOTBALL DEVELOPMENT PROGRAMME FOR PLAYERS WITH AMBITION, TALENT AND POTENTIAL

The aim of the academy is to deliver the premier football development programme in the region, bridging the gap from grassroots to academy football

Would you benefit from working with our UFEA qualified coaches on a weekly basis

Working in partnership with 'Sigma Sixth Football Academy' - opportunities beyond U16's

FRIDAY 29TH OCTOBER
U15 & U16 - 10am-12pm

AGE GROUPS ABOVE ARE CURRENT 2020-21 SEASON
VENUE: PHILIP MORANT SCHOOL & COLLEGE (4G ASTROTURF PITCH), REMBRANDT WAY, COLCHESTER, CO3 4QS

THE TRIAL WILL INCLUDE:
✓ CHANCE TO MEET THE ESA COACHING TEAM
✓ OPPORTUNITY FOR YOUR CHILD TO SHOWCASE THEIR ABILITY DURING SESSIONS AND SMALL SIDED GAMES
✓ SCOUTS PRESENT FROM LOCAL PROFESSIONAL CLUBS
✓ A PARENT/PLAYER PRESENTATION TO FOLLOW THE TRIAL HIGHLIGHTING THE AIMS AND OBJECTIVES OF THE PROGRAMME

LIMITED SPACES AVAILABLE
TO BOOK TRIAL VISIT: [ESSEX-PROFESSIONAL-COACHING.CLASS4KIDS.CO.UK/INFO/644](https://www.essex-professional-coaching.class4kids.co.uk/info/644)
OR CONTACT ACADEMY MANAGER AT:
KANE.HIPKIN@EPCOACHING.CO.UK • 07523 327 893

PARKING AROUND THE SCHOOL

Please can we ask everyone to be considerate as to where they park during drop off and pick up.

We have received complaints from local residents about cars parking up on pavements, blocking access for prams and wheelchairs, and double parking, making it almost impossible for buses, ambulances and fire engines to get through.

As a reminder, we strongly recommend that if you have to bring a vehicle to and from school, to use the 'Park and Stride' option of parking in the rear car park at the Stanway Retail Park in Peartree Road (near the Co-op) and walking the rest of the short journey to school.

Your cooperation in this will be greatly appreciated.

STUDENT SUPPORT DROP INS/MENTAL HEALTH & WELLBEING SUPPORT

These take place at lunchtimes. For students to drop in, eat their lunch, chat and share good times and bad.

- Mondays with Mrs Hiskey and Miss Wesby in B113 for Year 10
- Wednesdays Week 1 & Tuesday Week 2 with Mrs Kelliher in B104 for Year 9
- Wednesdays with Ms Rivett in B101 for Year 11
- Thursdays with Miss Dunn in B108 for Year 8

MR BLAND'S BLACK HISTORY MONTH HEROES

I started to learn the piano at the age of 7, and it is worrying to calculate how many years I have now played it! I took exams up to Grade 6 before ending the formal lessons as my GCSE exams took priority, but I have carried on playing whether in bands or for special events, like weddings. I have a love of music, especially tracks that have piano-based scores, and I enjoy the challenge of trying to work out how to play along to favourite songs.

After all these years of playing the piano, I can honestly say I cannot understand how to begin playing the piano like Ray Charles! What amazes me most is that Ray started to lose sight in his eyes at the age of 4 and by 7 years of age, he was totally blind.



Ray was born in Georgia in the USA in 1930 and lived in very poor conditions from a young age. His mother died when he was only 14, and without his father around, he was left to fend for himself. A family friend taught Ray to play the piano, starting when he was just 3 years old, but despite losing his sight, Ray pursued his dream of being a successful musician, moving away from his home at age 17 to start his career in music.



Ray's influence on the music industry was incredible, and to think he was able to play so well without even seeing the piano keys blows my mind. He led a complicated life with many difficulties, but his piano playing amazes me still.

As a successful musician, Ray was asked to play in his hometown of Georgia in 1961, but he refused to play and walked away from the gig because he had been told that white people would sit separately to black people in the concert hall and would have better seats. He was sued as a result of cancelling the gig.

Before he died, the State of Georgia issued an apology to him for what happened in 1961, and claimed his great song "Georgia on My Mind" as the song of the State. I've included a hyperlink to that [brilliant song](#) - one of my favorites of his - recorded in 1960, just before he walked away from the concert hall in Georgia. A statue of Ray sat at a piano stands at The Ray Charles Plaza in Georgia to this day in memory of him and his incredible achievements. Ray's piano playing remains an inspiration to me to this day.