

The Stanway School

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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

PLEASE NOTE NO FOOD WILL BE SERVED AT BREAK

HOT GRAB & GO FOOD,

INCLUDING PANINIS.

BACON ROLLS & PIZZA

ARE AVAILABLE AT ALL

OUTLETS AS WELL AS

COLD SANDWICHES,

ROLLS, WRAPS &

BAGUETTES.

(all main meals include fresh potatoes, vegetables or salad)

HOT FOOD PRICE LIST		: :	COLD FOOD PRICE LIST			DRINK PRICES	
: Main meal (inc still water	r) £2.10		Salad Bar	£1.20/£2.00/£2.50	:	: Shaken Udder Milkshake	£1.25
: Hot Pasta & Sauce	£1.50	: :	Filled Baguette	£2.00	:	: Shaken Udder Carton	£0.80p:
Filled Panini	£1.50/£1.80		Wraps	£2.20	:	Heartease Bottles	£1.00
: Bacon/Sausage Muffin	£1.00	: :	Sandwich	£1.75/£2.00	:	: Flavoured Water	£0.80p:
Bacon Bap	£0.80p	: :	Filled Roll	£1.30	:	Still Water	£0.70p
: Filled Wrap	£2.00	: :	Cold Pasta Pot	£1.20	:	: Radnor Fizz	£0.80p:
Hot Dog	£1.50	: :	Fruit Pot	£1.00	:	Juice Carton	£0.50p
Beef or Chicken Burger	£1.50		Roll & Butter	£0.50p	:	Milk	£0.50p
: Chips	£1.00	: :	Snacks & Popcor	n £1.00	:	:	:
Jacket Potato	£1.40	: :	Dessert/Cakes	£0.80P	:	•	
: Beans/Extra Toppings	£0.50p	: :	Doughnuts	£0.80p	:	:	:
Pizza Slice	£0.75p	: :	Chocolate Muffir	1 £0.60p	:	•	:
: Sausage Roll	£1.20		Jelly/Mousse	£0.60p	:	•	
•		: :	Yoghurt	£0.50p	:	•	•
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The Stanway Times

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!



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



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



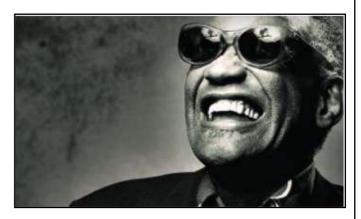


MR BLAND'S BLACK HISTORY MONTH HEROES

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 mu-

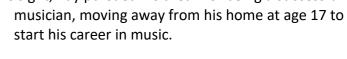
sic, especially tracks that have piano-based scores, and I enjoy the challenge of trying to work out how to play along to favourite songs.

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





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 <u>brilliant song</u> - 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.