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The Stanway Times



STANWAY SCHOOL DINING HALL MENU WEEK COMMENCING 12TH OCTOBER 2020



AT PRESENT HOT MEALS ARE ONLY AVAILABLE IN THE DINING HALL FOR YEARS 7 & 11 DUE TO THE TYPE OF SERVICE POINTS IN SCHOOL. THIS IS BEING REVIEWED

HOT GRAB & GO FOOD, INCLUDING PANINIS, BACON ROLLS & PIZZA ARE AVAILABLE AT ALL OUTLETS AS WELL AS COLD SANDWICHES, ROLLS, WRAPS & BAGUETTES

MONDAY
 Mediterranean Chicken Pasta with Garlic Bread
 Mediterranean Vegetable Pasta

TUESDAY
 Full English Breakfast
 Vegetarian English Breakfast

WEDNESDAY
 Honey Roasted Gammon
 Broccoli and Cheese Pithivier

THURSDAY
 Beef Chilli with Rice, Nachos and Sour Cream
 Vegetable Chilli and Rice

FRIDAY
 Hand Battered Fish and Chips
 Lightly Battered Veggie Sausage

(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	£0.60p
Juice Carton	£0.50p
Milk	£0.50p

DIARY DATES

- Monday 19th October**
PE Inter-House Competition Week
- Friday 23rd October**
Non-uniform day in aid of Year 11's charity (Please see notice on Page 2)
- Monday 26th - Friday 30th October**
Half term holiday
The office will be open Monday & Tuesday mornings only. (Please see Page 2 for times)
- Monday 9th November**
Armistice Week assemblies
Art Inter-House Competition Week
- Monday 23rd November**
Science Inter-House Competition Week
- Thursday 26th & Friday 27th November**
INSET - non-pupil days

COVID KEY

During lockdown brothers Rylie, Year 8 and Sam, Year 11 came up with a business plan to raise money for the Tom Bowdidge Youth Cancer Foundation. Tom, a cousin to Rylie and Sam, unfortunately succumbed to a rare and aggressive soft tissue sarcoma in 2013.

The boys have been making and selling Covid Keys and have already sold more than 100. The keys can be used to open doors, press chip and pin pads and flush public toilets without having to touch anything by hand. Rylie was getting up early every day to start the 3D printer to make the keys and Sam kept an eye on the orders. The keys cost £3 each with £1 going towards the charity.

If you would like to purchase a Covid Key please message the Foundation on Facebook via the Tom Bowdidge Youth Cancer Foundation.

This is a very worthwhile and commendable achievement and both Rylie and Sam are to be congratulated. Well done boys!



Rylie



Sam

NOTICES

NON-UNIFORM DAYS

Previously throughout the school year the school held five non-uniform days in aid of each House charity and students brought in £1 on each of those days.

Due to Covid 19 the school has now set up a link on ParentPay for parents/carers to pay £5 for all five non-uniform days.

If you require any assistance with ParentPay please contact the school.

Thank you for your co-operation.

OFFICE HOURS DURING THE HALF TERM HOLIDAY

PLEASE NOTE THE SCHOOL OFFICE WILL ONLY BE OPEN ON THE FOLLOWING MORNINGS:

MONDAY 26TH OCTOBER
9.30AM - 12.00 NOON

TUESDAY 27TH OCTOBER
9.30AM - 12.00 NOON

THE STANWAY SCHOOL HOUSE SYSTEM

Whilst we have moved this year to a pastoral year system, we wanted to keep the competitive nature of the House System going throughout the school.

For new parents, there are five Houses, Gainsborough, Shakespeare, Rutherford, Wellington and Nightingale. Competitions between the Houses take place across the departments in school, plus the running total of Housepoints awarded by teachers also contributes to the overall score.

Once a competition has taken place the results will be published in this newsletter giving a running total of the scores. Usually the competitions are for all five years, however, the first two competitions have been for Year 7 students only. The scores were published in last week's newsletter.

CHANGES TO BUS SERVICE 902

We have been contacted by Hedingham buses to inform parents, carers and students that as from Monday, 12th October the route of the 902 bus service will be slightly altered in the afternoon.

The bus will now serve Aldham before Wakes Colne and then serve Wakes Colne in a clockwise direction.

Guide to managing children's screen time

internet matters.org

Effect on behaviour
Constant use of a device and features like auto-play on platforms can be habit forming and encourage children to spend longer on screens

Effect on the brain
Screens can have a drug-like effect on the children's brains which can make them more anxious. It can make children more forgetful as they rely on things like Google, GPS and calendar alerts to look up information

Effect on sleep
Blue light from phones can trick the brain into thinking it's still daylight making it difficult to sleep

10 tips to get in control with your child's screen time

1. Set a good example with your own device use
2. Have discussions about the risks that they may face based on their online activities
3. Put in place a family agreement and agree an appropriate length of time they can use their device
4. Help them build critical thinking to understand that some features on platforms are design to keep you watching or playing
5. Encourage them to switch off auto-play on platform to remove the temptation to binge on programmes
6. Use tech tools and parental control to manage the time they spend online and the apps they use
7. Get the whole family to unplug and create 'screen free' zones at home
8. Together find apps, site and games that will help children explore their passions and make screen time active
9. For younger children find ways to combine touch screen use with creative and active play
10. Encourage children to self-regulate the time they spend online and the activity they do to ensure they are having a positive impact on their wellbeing

What are the benefits?

- Gives children access to a wealth of information to build their knowledge
- Technology takes away physical barriers to social connections to make children less isolated
- Exposure to tech has proven to improve children's learning and development
- Online games and activities enhance teamwork and creativity