

The Stanway Times

DIARY DATES

- **Monday 23rd November**
Science Inter-House competition week
- **Thursday 26th & Friday 27th November**
INSET - non-pupil days
- **Friday 4th December**
Year 11 Drama Component 1 Performance Exam all day in B0.04
- **Monday 7th December**
Year 11 Language speaking exams commence
- **Friday 11th December**
Non-uniform day for all years in aid of Year 7 charity
- **Monday 14th December**
Year 11 Mock English Language examination
- **Friday 18th December**
End of term. School finishes at 1pm and buses have been requested for this time

HAIR DONATION

Over half term Catherine in Year 8 donated her much loved hair to the Little Princess Trust Foundation. This is the second time that she has donated her hair to the trust and from what she says it will not be the last!

Catherine's hair will go towards making a wig for unfortunate children who have lost their hair either during treatment or from other causes. The charity has a trusted network of salons and wigs are fitted at an approved salon closest to the recipient. They start by matching as closely as possible to the natural hair colour and because it's real hair, the wig can be cut, curled or straightened to match an original look or to create a new style.

It is very easy to deal with the charity either by phone or email. They value your privacy and will never share your information, except with those involved in fitting a wig.

In view of her very generous and kind-hearted act Catherine has been awarded The Stanway School Standard - Considerate.

Well done Catherine

Miss E Conway





Time of Remembrance

It is good to set aside times to reflect, review and remember as part of looking after our wellbeing. At this time of year we can remember loved ones who may have died or are in the armed forces. This year many of us have suffered loss in a number of different ways, not just bereavement. We, or people we know, may have gone through a loss of employment, health or another loss. We have all suffered a loss of what was a "normal way of life".

So I invite you to take a few moments to think about where you are. Are there any areas in life where you are dealing with a loss? I encourage you to share, if you wish, with a trusted person. If not find a healthy way of processing the loss. It may be by walking in nature and taking some time to take in your natural surroundings. Or find a creative outlet in the Arts through painting, music etc. All these activities are proven to help our physical and mental wellbeing.

STANWAY CHAPLAINCY - OCT/NOV 2020

Firstly I would like to say a big thank you to Mrs Reilly and the Assistant Head of Years whom I have met in the last few weeks. They have really helped me to settle into this role as your Chaplain in school. I am looking forward in the future to meeting more staff and students once Covid restrictions are lifted.

Chaplaincy is about giving a person space to chat about the things that matter to them, whether they seem big or small. I am here for you whatever you believe.

As part of my role, and in mentoring sessions in school, I try to help students see that, even though they may be finding things difficult at present, they have a choice in how to respond. So there are a number of coping strategies and self-help tools that I pass on to them. This will now continue virtually while we are in lockdown.

We have had ***Mental Health Awareness Week*** and ***World Smile Day*** in October and in some of the sessions I encouraged the young people to take time to think about their mental health as much as their physical health. We also talked about the importance of support networks and showing appreciation to those who support us in a number of ways. Some of the students wrote a personal thank you note to their teachers in school.

If you would like to speak to me in person, I am available for staff as well as students. Until December I will be available via a phone or zoom call. You can contact me at emma@cyocolchester.org.uk

Take care and God Bless you all.

Emma Jarratt
CYO Chaplain

Spread a little happiness, smile
and pass it on.....

World Smile Day



HOUSEPOINT TOTALS FOR HALF TERM SEPT-OCT 20**YEAR 7**

1st	Nightingale	9758hp	6pts
2nd	Rutherford	9231hp	4pts
3rd	Wellington	8742hp	3pts
4th	Shakespeare	8545hp	2pts
5th	Gainsborough	8273hp	1pt

YEAR 8

1st	Wellington	9132hp	6pts
2nd	Shakespeare	8632hp	4pts
3rd	Rutherford	8527hp	3pts
4th	Gainsborough	7987hp	2pts
5th	Nightingale	7720hp	1pt

YEAR 9

1st	Rutherford	8019hp	6pts
2nd	Gainsborough	7927hp	4pts
3rd	Shakespeare	7688hp	3pts
4th	Nightingale	7646hp	2pts
5th	Wellington	7496hp	1pt

YEAR 10

1st	Wellington	7638hp	6pts
2nd	Rutherford	7522hp	4pts
3rd	Shakespeare	7444hp	3pts
4th	Gainsborough	7442hp	2pts
5th	Nightingale	7226hp	1pt

YEAR 11

1st	Nightingale	3987hp*	6pts
2nd	Gainsborough	3931hp	4pts
3rd	Wellington	3840hp*	3pts
4th	Rutherford	3837hp*	2pts
5th	Shakespeare	3762hp	1pt

OVERALL HOUSEPOINT TOTAL RESULTS

=1st	Rutherford House	19pts
=1st	Wellington House	19pts
3rd	Nightingale House	16pts
=4th	Gainsborough House	13pts
=4th	Shakespeare House	13pts

*As Gainsborough and Shakespeare only have one form an average was taken for the two forms in Rutherford, Nightingale and Wellington

OVERALL HOUSE SCORES AFTER 3 EVENTS

=1st	Rutherford House	29pts
=1st	Wellington House	29pts
3rd	Nightingale House	21pts
4th	Gainsborough House	17pts
5th	Shakespeare House	16pts



Rutherford House Captains (left to right)
Amber, Jacob, Louise, Bettsie-Dora, Lola & Amber



Wellington House Captains (left to right)
Kieran, Toby, Nellie and Rubie



Nightingale House Captains (left to right)
Charlotte, Lauren, Amy, Ben, Joe, Katie & Grace

The Stanway School
A Humanities and Maths & Computing College
 Winstree Road, Stanway, Colchester, Essex. CO3 0QA
 Telephone: 01206 575488
 Email: admin@stanway.school
 Website: www.stanway.essex.sch.uk
 HEADTEACHER: JONATHAN BLAND BSc (Hons)



STANWAY SCHOOL DINING HALL MENU

WEEK COMMENCING 16TH NOVEMBER 2020



WEEK COMMENCING
16/11/20

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.

MONDAY

Meatballs and Pasta with Garlic Bread
 Mediterranean Vegetable Pasta

TUESDAY

Full English Breakfast
 Vegetarian English Breakfast

WEDNESDAY

Honey Glazed Gammon
 Baked Broccoli and Cheese Gnocchi

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	£0.80p
Juice Carton	£0.50p
Milk	£0.50p