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The Stanway Times



STANWAY SCHOOL DINING HALL MENU WEEK COMMENCING 2ND NOVEMBER 2020



WEEK COMMENCING
02/11/10
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**
Homemade Cottage Pie
Vegetarian Cottage Pie
 - TUESDAY**
BBQ Pineapple Chicken with Potato Wedges
Stuffed Mushroom Rarebit
 - WEDNESDAY**
Roast Beef with Yorkshire Pudding
Roasted Vegetable Tart
 - THURSDAY**
Sweet and Sour Pork with Rice
Sweet and Sour Vegetables
 - FRIDAY**
Hand Battered Fish and Chips
Courgette Fritters
- (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

CHARITY DONATION

During the last academic year, Nightingale House was raising money for YES, the Youth Enquiry Service. They had already presented the charity with a cheque for £1200 on 2nd March 2020 and since then have raised a further £385.01. They invited Kerry from YES to come in to school to receive the cheque.

YES provides a confidential, non-judgemental and informal service for young people between the ages of 11 and 25 within Colchester and Tendring who are facing difficulties in their lives. If you are facing homelessness and need housing advice, if you are having family problems, if you are feeling low, depressed or suicidal, if you need advice about debts or would like to check you are claiming all the benefits you are entitled to, if you are a teenager and are pregnant, if you are a young family who needs support or if you need CV training or work advice then YES can help you. For a friendly chat or for further information call YES on 01206 710771, use the contact us option on their web page or pop in and see them at 9 Trinity Street, Colchester, CO1 1JN.

Mrs S Barker, Assistant Head of Year 7



Isobel presenting Kerry with the cheque

DIARY DATES

- **Monday 26th - Friday 30th October**
Half term holiday
Please note the school office will only be open on Monday 26th & Tuesday 27th from 9.30am - 12noon
- **Monday 9th - Friday 13th November**
Armistice Week assemblies

Art inter-house competition
- **Thursday 26th & Friday 27th November**
INSET non-pupil days



A law enforcement campaign has been launched to increase awareness of Modern Day Slavery and Human Trafficking, in particular focusing upon child exploitation.

Money Mules

Criminals will sometimes try and launder money through the bank accounts of innocent people under a number of different disguises. Fraudsters may ask you to receive money into your bank account and transfer it to another account, keeping some of the cash for yourself. If you let this happen, you're a money mule. You're involved in money laundering which is a crime.

You might be approached by fraudsters online or in person. They might post what looks like a genuine job advert, then ask for your bank details. Once you become a money mule it can be hard to stop. You could be attacked or threatened with violence if you don't continue to let your account be used by criminals. Don't be fooled by offers of quick cash. Criminals need money mules to launder the profits of their crimes. Mules will usually be unaware of where the money comes from - fraud, scams and other serious crimes - or where it goes.

When you are caught:

- ⇒ Your bank account will be closed.
- ⇒ You will find it hard to access student loans.
- ⇒ It will be difficult to get a phone contract.
- ⇒ You will have problems applying for credit.
- ⇒ You could go to prison for up to 14 years.

Becoming a money mule can have serious consequences for you and for others. Illegally obtained money from money mule accounts can be used to fund other organised crime including:

- ⇒ Human Trafficking
- ⇒ Child Exploitation
- ⇒ Terrorism

Watch the film created by UK Finance and Cifas to see the devastating crimes you could enable by acting as a money mule.

For more information and advice regarding money muling, visit: www.moneymules.co.uk.

WHAT IS A MONEY MULE?

- 1. STRANGER**
You talk to a stranger who is offering easy money for very little work
- 2. BANK DETAILS**
They convince you to hand over your bank details or card
- 3. MONEY TRANSFER**
Money is transferred into your account & you pass it on or withdraw it
- 4. CUT OF THE CASH**
You get to keep a portion of the cash for yourself
- 5. CRIMINAL OFFENCE**
Congratulations! You are now a money mule & have committed a criminal offence

If you or someone you know is vulnerable and has been a victim of fraud, please call **Essex Police** on 101. Report fraud or attempted fraud by contacting **Action Fraud** at actionfraud.police.uk or call 0300 123 2040

Keep up to date with fraud and do even more Online at essex.police.uk

CALL ESSEX POLICE 101
IN AN EMERGENCY ALWAYS CALL 999

SUMMER READING CHALLENGE



Congratulations to Grace, the winner, and Rachel, the runner-up, for investing a lot of time in developing their reading skills and completing the Summer Reading Bingo Challenge over the summer holidays.

The girls both won a prize and are pictured with their certificates.

Well done girls!

Miss L Murray



BLACK BRITISH BRILLIANCE

THIS OCTOBER

October offers us the perfect opportunity to celebrate the history and achievements of people of African and Caribbean descent all over the world. To properly recognise this annual celebration, the History Department at The Stanway School has put together a few ideas to stimulate discussion, promote diversity and reinforce themes found in our own curriculum.

For a start, the students at Stanway will probably have already seen the 'Black History Month' posters dotted around the corridors in the school. Some of these posters highlight the lives and achievements of important Black Britons, such as Mary Seacole and Akala. Others give prominence to famous people of colour from all around the world, such as Ignatius Sancho and Haile Selassie.

Elsewhere, each department has been given resources detailing a Black individual who has either worked in or has links with that particular subject. Thus, while Geography can rediscover the explorer Matthew Henson, Computer Science will analyse the genius of Melba Roy Mouton and in French they may interpret the life and times of Thomas-Alexandre Dumas.

There is no doubt that there has been a great deal of progress towards equality in recent times, but we still have some way to go before it is fully achieved. Recent events from around the world are proof of this. It is with this in mind that we at The Stanway School hope to promote Black History so our students might understand the importance, achievements and contributions of Black people throughout history.

Mr C Rivers