

Healthy Living

Stanwell School

February 2019

Updates from the catering team

At Stanwell, we are always looking to make pupils' dining experiences as pleasant and healthy as possible. Here are some of the ways in which we promote a healthy lifestyle:

We use whole grain rice in all our rice dishes.

Our Bolognese and chilli dishes are fortified with iron thanks to our homemade pea and basil pesto and lentils.

The majority of our meals are created fresh on a daily basis so we can tailor recipes to obtain the best nutritional values.

Free drinking water is available in all dining areas.

We have invested in top of the range fryers so that even our chips are monitored so that there is minimal fat absorption due to the oil constantly being at a high temperature.



We create the majority of our sandwiches on site so we can monitor the fillings and how much/which mayonnaise and sauces are used.

We have a fully loaded, self service salad bar which is packed full of healthy and nutritious offerings.

We offer a free piece of fruit on a Friday.

The vast array of food offerings that we have in our dining areas allows pupils to have a varied culinary experience.

We offer sparkling mineral water with 50% fruit juice.



Healthy Living

Stanwell School

February 2019



An excellent way to keep the mind and body healthy is to get involved in extra-curricular activities. There are so many different after school clubs for pupils to join and hopefully make new friends and enjoy new experiences.

Ysgol Stanwell School

Clubs & Activities: 2018 - 2019

Monday - Thursday: 3.00 - 4.00 p.m. Homework Club (all years)

Monday - Thursday: 3.00 p.m. onwards Peripatetic music lessons

KS4/KS5 MONDAY	KS4/KS5 TUESDAY	KS4/KS5 WEDNESDAY	KS4/KS5 THURSDAY	KS4/KS5 FRIDAY
Boys Basketball 5 x 60 (all years) *4-5pm	Debating Society (all years)	Art (GCSE)	Art (GCSE)	Badminton 5 x 60 (Yrs 9-11 - wk 2)
Dodgeball 5 x 60 (all years) *4-5pm	Girls Football 5 x 60 (all years)	Biology (Yrs 10-13)	Girls' Basketball (all years)	Senior Choir (Yrs 10-13)
D of E (Bronze)	Media (Yr 9)	Charity Committee (all years)	Cipher Club (Yr 9)	Cross Country (all years)
Drama (GCSE)		Junior Choir (Yr 9)	Classics Club (Sixth Form)	Digital Music (all years) *4.30 - 5.30 pm
Media (all years)		Dance 5 x 60 (all years) *Starts November	Digital Music (all years) *4.30 - 5.30 pm	Drama (GCSE)
Netball (Yrs 9-11)		D of E (Silver)	Eco Stanwell (all years- wk 1)	Hockey (Yrs 9-13)
Senior Orchestra (Yrs 10-13)		Drama (GCSE)	Football (Yr 11 - wk 1)	5-a-side Football 5 x 60 (all years) *4-5pm
Performing Arts (all years)		English (Yr 9 & Yr 11)	Senior Football	
Psychology (Sixth Form)		English Literature (Yr 10)	IT Club (all years)	
Girls Rugby (all years)		Football (Yr 9 - wk1) (Yr 10 - wk 2)	Physics (Yrs 9-11)	
Senior Rugby		Geography (all years)	Pride Group (Yrs 9-12)	
		Gymnastics (all years)	Product Design (Sixth Form)	
		Jazzwise (all years)	Rugby (Yrs 9/10)	
		Physics (Sixth Form)		
		School Magazine (all years)		

Ysgol Stanwell School

Clubs & Activities: 2018 - 2019

Monday - Thursday: 3.00 - 4.00 p.m. Homework Club (all years)

Monday - Thursday: 3.00 p.m. onwards Peripatetic music lessons

KS3 MONDAY	KS3 TUESDAY	KS3 WEDNESDAY	KS3 THURSDAY	KS3 FRIDAY
Art (Yrs 7/8)	Debating Society (all years)	Book Club (Yr 7)	Cipher Club (Yr 8)	Badminton 5 x 60 (Yrs 7/8 - wk1)
Boys Basketball 5 x 60 (all years)	Girls Football 5 x 60 (all years)	Charity Committee (all years)	Digital Music (all years) *4.30 - 5.30 pm	Cross Country (all years)
Dodgeball 5 x 60 (all years) *4-5pm	Hockey (Yrs 7/8)	Junior Choir (Yrs 7/8)	Eco Stanwell (all years - wk 1)	Digital Music (all years) *4.30 - 5.30 pm
Football (Yr 7 - wk1) (Yr 8 - wk 2)	Media (Yrs 7/8)	Cookery (Yr 8)	IT Club (all years)	Drama (Yr 7- wk 2)
Media (all years)		Dance 5 x 60 (all years) *Starts November	Netball (Yr 7)	5-a-side Football 5 x 60 (all years) *4-5pm
Netball (Yr 8)		Digital Music (Yr 7) *4.30 - 5.30 pm	Junior Orchestra (Yrs 7/8)	
Performing Arts (all years)		English (Yrs 7/8)	Pride Group (Yr 8)	
RE (Yrs 7/8)		Geography (all years)		
Girls Rugby (all years)		Gymnastics (all years)		
		Jazzwise (all years)		
		Rugby (Yrs 7/8)		
		School Magazine (all years)		
		Welsh (Yrs 7/8)		

