

Newsletter

Friday 24th November 2023



Tel: 01274 639049

Www.swainhouse.co.uk

Email: office@swainhouse.bradford.sch.uk

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

Swain House Launch of myHappymind



On Monday, Mrs Pugh started the week with a very special assembly launching a new programme we have in school called myHappymind. Then on Tuesday, we had a whole school assembly about myHappymind.

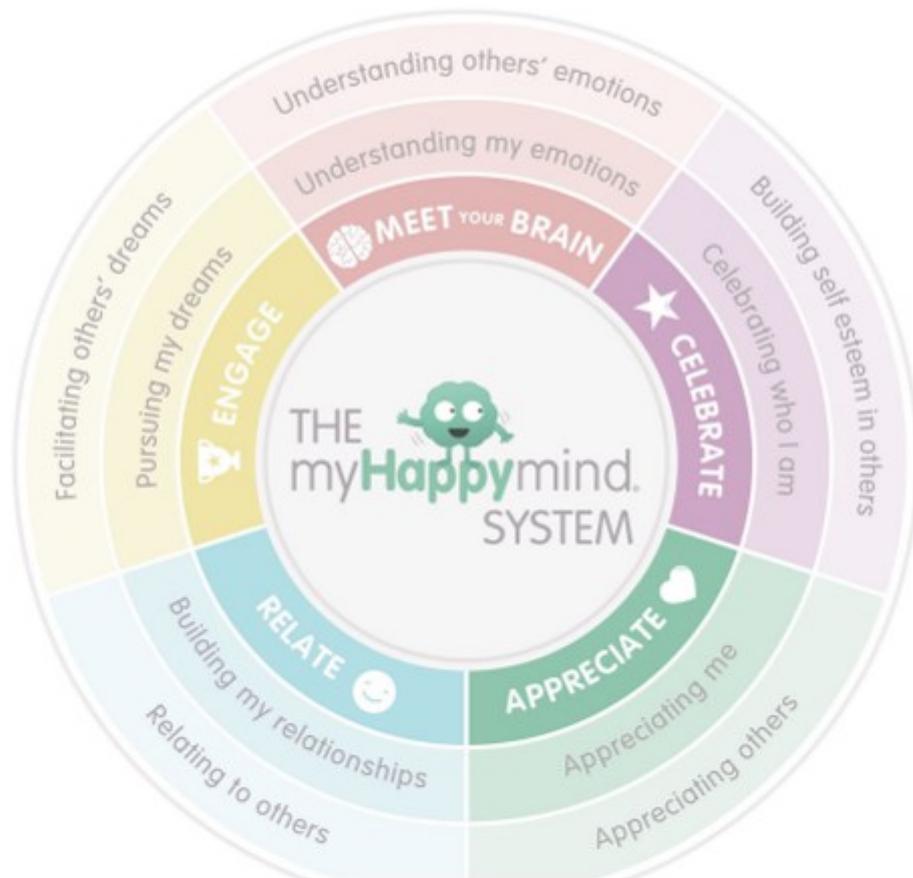


myHappymind is an award winning program for schools & nurseries, families and organisations. It teaches preventative habits that support positive mental health, resilience and self esteem. All of the concepts taught are based on science and research and grounded in neuroscience and positive psychology. The program is delivered via an innovative technology platform making learning easy, convenient and fun

Introduction video for parents

<https://myhappymind.lpages.co/myhappymind-parent-app-introduction/>

There are five modules that children will learn about. The first module, which we started this week, is Meet Your Brain. The children have been learning all about the brain and how it works.



How does it link to other things we do in school?

myHappyMind isn't just a topic or subject like Maths.

It is a life skill that we can all learn to help us to be our very best selves.

We will be having lessons each week, but we will be using the habits we learn all of the time.

Even the teachers are doing myHappyMind!



my Happy mind



Year 3 Road Safety

Year 3 have enjoyed two sessions of road safety awareness. The children were learning how to cross the road safely, use different types of crossing and understand the different hazards on the roads.



Children In Need

Last week, we celebrated and raised money for Children in Need. With your 50p donations and contributions towards our bun sale, we are pleased to announce that we raised a total of **£495.65**. We are so pleased that we could all come together to raise money for Children in Need.



Reading planet reviews!

As part of our Key Stage 2 reading scheme, we would like to use our weekly newsletter to help promote and share some of your children's favourite stories that they have read. Each week, we will be sharing book reviews that have been written by your children. Hopefully these reviews will inspire our children to read one of the books when they choose their next one.



Alien Invaders –Mars

I liked this book because it is a science fiction book that has an adventure around the galaxy. The characters travelling around space is really fun! There are a lot of good characters in this book who are funny and they are really good heroes. There are also some good villains in this story which makes it interesting to read. I would recommend this book to other children to read. **Aala—Year 4**

Votes for Women Author Jil Atkins

This book is all about two sisters growing up in the 1900s who campaigned for votes for women by joining the suffragettes movement. I would recommend this book for people who like to find out lots about history and important events that happened. I really like this book because I like to learn about the stories of people from the past.



Harris—Year 5

Sharing your news!

Cooper and Neo in Anne fine class were delighted with the trophy's they received at rugby. They enjoyed an end of season party with their team mates and both received awards for their efforts. Well done boys!



William in Van Gogh class has been attending a new football club. He has shown lots of dedication and persistence. He has made lots of new friends and has shown them support and encouragement during the matches. This is William's first out of school hobby and he is doing amazingly. Well done William, we are proud of you!



If you have any news about your child's achievements that you would like to share in our newsletter, please speak to your child's class teacher!

Click the icon to see regular updates on our Facebook page!



Weekly updates

Attendance and Punctuality

Here are this week's attendance and punctuality figures. There is a proven link between attendance and achievement and it is therefore very important that your child attends school and is on time unless they are too unwell to do so. Our doors open at **8.30am** and close at **8.40am**.

Please see the information below for our whole school and class attendance for the week ending **24/11/23**

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	92.4%	1
Willow	96.7%	2
Kandinsky	94.4%	2
Matisse	91.7%	5
Lowry	95.2%	0
Van Gogh	94.8%	2

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	94.1%	2
Roald Dahl	96.9%	1
JK Rowling	95.8%	5
J Wilson	95.5%	3
Elgar	92.0%	1
Mozart	92.8%	1
Beethoven	96.5%	2
Vivaldi	99.3%	3

Congratulations to **Willow, Roald Dahl, Beethoven and Vivaldi** for having the **best attendance** this week. Congratulations to **Lowry** class for having no lates this week.

Our whole school attendance this week:

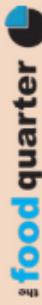
94.9%

Communication since the last newsletter

These are the letters, messages and website updates that have been sent out this week. If you have not received any of these letters, please speak to your child's class teacher or contact the office on **01274 639049**.

Website Updates:	National Online Safety - Five night's at Freddy's
Letters:	20.11.23 Diary dates 20.11.23 Early closure 11th December 2023 21.11.23 Christmas fair 2023 21.11.23 myHappyMind 21.11.23 Reception class eye tests
Messages via parentapps:	22.11.23 school dinners 23.11.23 Little Acorns places 24.11.23 Y5 Homework

MENU 27/11/23



Swain House Primary School

WEEK 2



6th Nov, 27th Nov,
8th Jan, 29th Jan,
19th Feb, 11th Mar



MENU

MON

- Vegetarian Chilli & Nachos
- Soya Mince Bolognese

TUES

- Minced Beef & Onion Pie
- Halal Keema Roll
- Cheese & Potato Flan

WED

- Roast of the Day
- Halal Chicken Hotpot
- Soya Mince Cottage Pie

THUR

- Cheese & Tomato Pizza

FRI

- Battered Fillet of Fish
- Salmon Fishcakes
- Savoury Roll

MAINS

SIDES

- Garlic Bread
- Assorted Individual Salads
- Potato Salad

- Herby Potatoes
- Seasonal Vegetables
- Assorted Individual Salads

- Dry Roast Potatoes
- Yorkshire Pudding
- Seasonal Vegetables
- Assorted Individual Salads

- Dry Roast Jacket Potato Wedges
- Baked Beans
- Assorted Individual Salads

- Chips
- Seasonal Vegetables
- Assorted Individual Salads

OTHER OPTIONS

- Assorted Jacket Potatoes
- Assorted Panini
- Assorted Sandwiches

- Assorted Jacket Potatoes
- Assorted Panini
- Assorted Sandwiches

- Assorted Jacket Potatoes
- Assorted Panini
- Assorted Sandwiches

- Assorted Jacket Potatoes
- Assorted Sandwiches

- Assorted Jacket Potatoes
- Assorted Panini
- Assorted Sandwiches

DESSERTS

- Ginger Sponge
- Freshly Prepared Fruit

- Decorated Fruit Jelly
- Freshly Prepared Fruit

- Syrup Sponge
- Freshly Prepared Fruit

- Decorated Sponge Cake
- Freshly Prepared Fruit

- Chocolate Sponge
- Freshly Prepared Fruit



Reminders

Breakfast club

Our Breakfast Club opens at 7.30am at a cost of £2.50 each per day or at 7.45am at the cost of £2.00 each per day. Children from Nursery to Year 6 can attend.

If you would like to book your child into Breakfast Club, please use ParentPay.

After school club

Our After School Club is available until 4pm at a cost of £2.00 each per day.

If you would like to book your child into After School Club, please use ParentPay.

extra club

We also offer an Extra Club service that runs until 5.30pm at a cost of £4.00 per day.

If you would like to book your child into Extra Club, please use ParentPay.

Please can you ensure that Extra Club places are booked and paid for in advance - by Monday morning. This ensures registers are accurate and places are booked and guaranteed.

If you have any problems booking any of our before or after school clubs, please contact Miss Armitage, one of our learning mentors.

Assembly schedule

DAY	DATE	TIME	EVENT
Thursday	07/12/23	2.30pm	Y4 Hanukkah Assembly

Diary dates

Any newly added items will be in blue

DAY	DATE	TIME	EVENT
Friday	01.12.2023	4.00 - 5.30pm	Christmas Fair
Monday	04.12.2023 - 06.12.2023		Secret Santa
Thursday	07.12.2023	All Day	Christmas Jumper Day
Thursday	07.12.2023		Christmas Dinner Day
Friday	08.12.2023	10.00am	LKS2 Carol Concert
Friday	08.12.2023	2.00pm	UKS2 Carol Concert
Monday	11.12.2023	9.00am	Xmas Raffle
Tuesday	12.12.2023	10.00am & 2.00pm	EYS Christmas production
Wednesday	13.12.2023		Christmas parties
Thursday	14.12.2023	5.30pm - 7.00pm	Glitz n Glam Disco
Thursday	14.12.2023	10.00am & 2.00pm	KS1 Nativity for Parents
Friday	15.12.2023		Swain House has Got Talent
Friday	15.12.2023	All Day	Non Uniform Day
Friday	15.12.2023		School Closes for Half Term
Wednesday	03.01.2024		School Reopens

Coming up this half term

Here is a sneak peak at some of the exciting events that will be taking place this half term!

Christmas celebrations

Once again, that time of year is nearly here! Here is a little look at some of the events that will be taking place over the Christmas period.

This year we will be having two Christmas productions! Great Oak Nursery and Reception will be performing their Early Years Christmas Productions. KS1 will also be performing their own nativity. We are so excited to see as many of you there as possible!

Don't worry, children in Key Stage 2 won't be missing out on the Christmas cheer! Children in Year 3 to Year 6 will take part in our Christmas Carol Concert. Make sure you come along and enjoy some Christmas carols .



Save the Date! The Friends of Swain House are very excited to invite you to an afternoon of Christmas shopping, Santa's grottos and festive refreshments at our annual Christmas Fair.



Community news



Singing
Using Makaton
Moving your body
Making Sounds
Using an Eye-gaze/switch

Inclusive Choir

Tuesday 5pm online
 (term time only)

Scan to join us for
FREE



Accessible Inclusive Music (AIM)

Contact us

M accessible.inclusive.music@gmail.com
f [@accessibleinclusivemusic](https://www.facebook.com/accessibleinclusivemusic)
X [@AIMWestYorks](https://twitter.com/AIMWestYorks)
Instagram [@accessible_inclusive_music](https://www.instagram.com/accessible_inclusive_music)
www.accessibleinclusivemusic.org.uk



Registered charity: 1203866

Registered charity: 1203866



ZOOM SUPPORT GROUP

Thursdays
1-2.30pm
via Zoom

<div style="background-color: #00a0c0; color: white; padding: 10px; border-radius: 15px; display: inline-block;">NOV 09</div> <p>AUTISM & ME; WOMEN & GIRLS WITH EMILY - facebook.com/emilyautism</p>	<div style="background-color: #0056b3; color: white; padding: 10px; border-radius: 15px; display: inline-block;">NOV 16</div> <p>ASK ME ANYTHING WITH NIKKI</p>
<div style="background-color: #00a0c0; color: white; padding: 10px; border-radius: 15px; display: inline-block;">NOV 23</div> <p>CCST CHILDREN'S COMMUNITY SUPPORT TEAM</p>	<div style="background-color: #0056b3; color: white; padding: 10px; border-radius: 15px; display: inline-block;">NOV 30</div> <p>BRADFORD AIM FOR AUTISTIC ADULTS</p>
<div style="background-color: #00a0c0; color: white; padding: 10px; border-radius: 15px; display: inline-block;">DEC 07</div> <p>SLEEP WITH PHILIPPA</p>	<div style="background-color: #0056b3; color: white; padding: 10px; border-radius: 15px; display: inline-block;">DEC 14</div> <p>CHRISTMAS QUIZ WITH MARK GLENTON</p>

Grab a cuppa and come along to our virtual autism support group - no diagnosis required! Get support from other parents/carers and advice from our staff and external agencies about a whole host of autism-related issues.

The Zoom link will be posted on Facebook and emailed out a few days before each session.

**No booking required! If you need more info contact Nikki:
07753 295 713 nikipicklesaware@gmail.com**





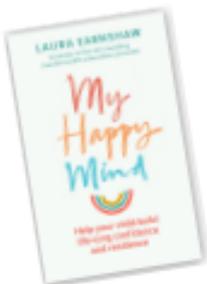
Download your **FREE**
myHappymind **App** to
support your child's
learning in school!



SCAN ME



...A **FREE** online resource
to support you and your
family to learn more
about how you can use
myHappymind to support
your child.



...Want to learn more about
the science of happiness?
Check out myHappymind
founder Laura Earnshaw's
best selling book!



YOU WILL NEED this authentication code to sign up



National online safety

This week, our 'Wake Up Wednesday' guide from National Online Safety is about Five Nights at Freddy's.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many games which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

FIVE NIGHTS AT FREDDY'S

AGE RESTRICTION
PEGI
12

WHAT ARE THE RISKS?

Five Nights at Freddy's is a series of indie point-and-click horror games whose word-of-mouth success and widespread spin-off content on YouTube have helped each of the nine instalments so far to sell almost five million copies on Steam (the PC gaming platform) alone. Set in various deserted locations at night, with creepy animatronic characters suddenly coming to life, the games are rated PEGI 12 for disturbing/violent content, mild profanity and horror themes.

FRIGHTENING THEMES

Five Nights at Freddy's (FNaF for short) doesn't feature bloodshed like many horror games – but it does build tension and use jump scares, which may be too intense for young players. The sinister animatronic characters and the sensation of being trapped and defenceless could be particularly unsettling, as could the inclusion of disturbing elements such as murder or possession by evil spirits.

AGE-INAPPROPRIATE CONTENT

18

As a result of FNaF's popularity, a sizeable YouTube community based on fan-made content has developed around the game. While the majority of this material is still child friendly, there are a number of channels which are geared more towards mature audiences: they contain adult and disturbing themes, for example, and (in some cases) age-inappropriate language.

STRESSFUL SITUATIONS

Due to FNaF's suspenseful atmosphere, it can be extremely stressful for players. Constantly checking that one's surroundings are safe is a crucial part of the gameplay and could create residual stress or even obsessive-compulsive behaviours. Several media reports have suggested that some younger children have experienced severe nightmares or sleep anxiety after playing games from the series.

PLAYING IN ISOLATION

Many parents will be relieved to learn that Five Nights at Freddy's is a single-player game which doesn't include any online chat functionality. Conversely, however, this could also make playing FNaF quite an isolating experience – especially if your child is spending a lot of time investigating the game's spooky, shadowy environments alone in their room, for example.

IN-GAME SPENDING

FNaF doesn't foreground in-game purchasing as strongly as many other well-known games, but some titles in the series do offer additional content that promises to enhance the experience. Five Nights at Freddy's: Help Wanted, for instance, is complemented by a Halloween-themed expansion pack called 'Curse of Dreadbear' (costing £8.99), which unlocks new levels and mini-games.

Advice for Parents & Carers

USE PARENTAL CONTROLS

Five Nights at Freddy's doesn't have conventional parental controls. However, if you're concerned about the potential impacts of the game's themes and content, you can simply choose not to let your child play it. If they use an Android or iOS device for gaming, you can adjust Apple and Google's built-in parental controls to restrict your child's access to certain content.

TRY IT YOURSELF

Every child is different, of course, so it could be worth playing Five Nights at Freddy's yourself for a while to gauge how your young gamer might cope with the series' more frightening and disturbing aspects. If they're old enough, you could spend some time playing it together – after all, it usually only takes between two and ten minutes to complete a level.

LIMIT SPENDING

Unlike many popular titles, Five Nights at Freddy's doesn't bombard players with tempting in-game purchase offers. It's worth noting, however, that some instalments in the series do provide the option for players to spend real-world money. With that in mind, it's important to either keep a close eye on your child's expenditure or limit their access to digital payment options.

SPOT THE SIGNS

If you're concerned that your child might be spending too much time on Five Nights at Freddy's, or you're worried that the game's scary themes are taking a toll, watch out for warning signs. Young people may start to prioritise gaming over everyday essentials like schoolwork or sleep; irritability or a lack of concentration could also indicate that their gaming sessions are going on too long.

TALK ABOUT THE RISKS

Before you allow your child to play Five Nights at Freddy's, it's wise to have a conversation about the game so that they're aware of the potential risks. Ensure that your child understands that the series is purposely designed to be tense and unsettling, and that they should stop or take a break if the intensity of the gameplay is making them feel uncomfortable or putting them on edge.

Meet Our Expert

Caryn Page is an experienced technology journalist with a track record of more than 10 years in the industry, previously the editor of tech tabloid The Insider. Caryn is now a freelance technology journalist, editor and consultant.



NOS
National Online Safety®
#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://instagram.com/nationalonlinesafety)

[@national_online_safety](https://tiktok.com/@national_online_safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 25.10.2023