

NEWSLETTER

FRIDAY 20TH SEPTEMBER 2024



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ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

YEAR 5 MUSIC

Year 5 have been enjoying their ukulele lessons. They are really enjoying all the new learning and can't wait for next week!



"It's really good fun because it's like a little guitar"

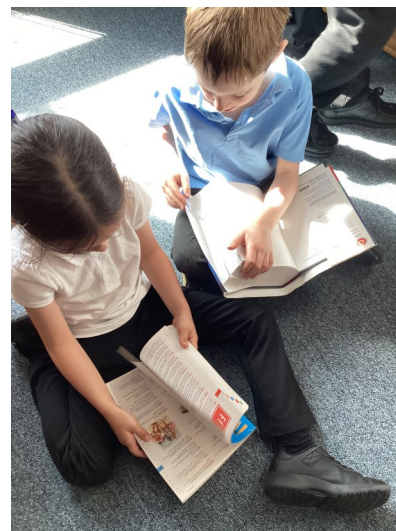
Harry—Year 5



"We've been learning some musical notes, they are G, C, E and A"

Kian—Year 5

SWAIN HOUSE LIBRARY



Over the summer we spent lots of time organising and tidying our school library ready for this school year. Each class has an allocated weekly session in the library, where they can choose a book to take home and read.



MORRISONS VISIT



Children from Years 5 and 6 had the opportunity to put in to practice some of the skills they have been developing in The Hub. After carefully navigating the roads around Swain House, they visited the Morrisons' Cafe and ordered breakfast. They did this independently, selecting the correct amount of money and checking their change. They even cleared away after themselves - they're a tidy bunch!



ZONES OF REGULATION



THE
ZONES OF
REGULATION®

A Parents' Guide to the Zones of Regulation

The Zones of Regulation is an internationally renowned intervention which helps children to manage difficult emotions, known as 'self-regulation'. Self-regulation can go by many names such as 'emotional regulation', 'self-control', 'impulse management' and 'self-management'. Self-regulation is best described as the best state of alertness for a situation, or the ability to maintain a well regulated emotional state to cope with everyday stress and to be most available for learning and interacting.

From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this stops us from getting on with our day effectively.

Children who feel these emotions often find it hard to learn and concentrate in school. The Zones of Regulation aims to teach children strategies to help them to identify their emotions and cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies are called 'self-regulation'.

How will my child learn about the Zones of Regulation at Swain House Primary School?

We aim to teach all children good coping and regulation strategies so they can help themselves when they experience anxiety, exhaustion, upset and stress.

Each class is taught about the Zones and uses them in the most age-appropriate way. Using the Zones of Regulation as a framework, we aim to help children to:

- Recognise when they are in the different Zones and learn how to change or stay in the Zone they are in
- Increase their emotional vocabulary so they can explain how they are feeling
- Recognise when other people are in different Zones, therefore developing better empathy
- Develop an insight into what might make them move into the different Zones
- Understand that emotions, sensory experiences such as lack of sleep or hunger and their environment might influence which Zone they are in
- Develop problem-solving skills and resilience
- Identify a range of calming and alerting strategies that support them (known as their personal 'toolkit').

ZONES OF REGULATION

What are the different Zones?

The **ZONES** of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

The four Zones of Regulation colours are blue, green, yellow and red.

Blue Zone - used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored

Green Zone - used to describe a calm state of alertness. A pupil may be described as happy, focused, content or ready to learn when in the Green Zone. This is the zone where optimal learning occurs

Yellow Zone - also used to describe a heightened state of alertness and elevated emotions; however, individuals have more control when they are in the Yellow Zone. A pupil may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone

Red Zone - used to describe extremely heightened states of alertness and intense emotions. A pupil may be elated, euphoric, or experiencing anger, rage, explosive behaviour, devastation, or terror when in the Red Zone

You can remember the zones by using a traffic light system.

Blue = 'rest area where you pull over as you are tired and need to recharge'

Green = the person is 'good to go'

Yellow = 'caution, slow down or take warning'

Red = 'stop and regain control'



ZONES OF REGULATION

Important note - No zone is 'bad' or 'good' and we all experience them at one time or another. It is important to avoid reinforcing the idea that red = bad. It is important to validate all emotions, and we should be helping children to identify these emotions.

Tools and Strategies for Regulation

There are multiple tools and strategies that children can use to self-regulate – and they will be individual to each child. However, it is useful to think about the types of activities that will help children to regulate in each zone.

Blue Zone Tools:

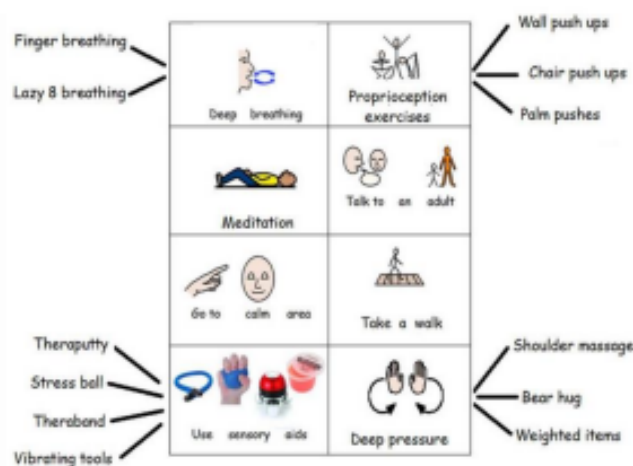
- ✓ Think about what you might do as an adult to make you feel better when you are sad, tired or bored
- ✓ This might include talking to a trusted person, breathing, taking a break and relaxing, doing a hobby or importantly, doing some physical exercise
- ✓ These exercises should wake up our bodies, recharge and activate our senses and regain our focus. Examples may include: taking a walk, doing some active movement (jumping, bouncing or swinging).

Green Zone Tools:

- ✓ Think about the strategies you or your child uses to maintain your happiness, alertness in the activity you are engaging in, and calmness.
- ✓ This may include all of the activities mentioned above, and also pay attention to the environment your child is in – is it safe, calm and enabling of engagement?

Yellow Zone Tools:

- ✓ When you see your child starting to become heightened, fidgety, overexcited or unfocussed – try to introduce the following calming strategies to prevent an escalation into the Red Zone (or out of control)



Red Zone Tools:

- ✓ Once in the Red Zone, your child will more than likely need to be removed from the situation/setting, and it is encouraged that they go to an environment that is calming and safe

ZONES OF REGULATION

✓ Calming strategies that 'power down' the emotions your child is feeling can be practiced here.

These include:

- Deep breathing
- Deep pressure/heavy work activities
- Sensory activities – using sensory aids and tools such, stress balls, vibrating snakes, fidget toys etc.
- Taking a walk in a quiet place
- Going to a quiet and dark area (i.e. pillow fort/dark tent)

✓ Minimise your language when your child is in the red zone – be clear, concise and calm in your tone.

How can you help your child use The Zones of Regulation at home?

✓ Model and identify your own feelings using Zones language in front of your child (e.g.: "I'm frustrated. I think I am in the Yellow Zone.")

✓ Observe your child's behaviour and try to use strategies when they are showing signs of being in the yellow zone, to catch it before they move to the red zone

✓ Practice calming strategies when your child is in the green zone. This may include doing some deep breathing/Happy Breathing/heavy work and sensory activities throughout the day

✓ Talk about what tool you will use to be in the appropriate Zone (e.g.: "I need to take four deep breaths to help get me back to the Green Zone.")

✓ At times, wonder which Zone your child is in or, discuss which Zone a character in a film / book might be in. (e.g.: "You look sleepy. Are you in the Blue Zone?")

✓ Share how their behaviour is affecting your Zone. For example, if they are in the Green Zone, you could comment that their behaviour is also helping you feel happy/ go into the Green Zone

✓ Put up and reference the Zones visuals and tools in your home to consistently refer to and check in regularly with this

✓ Praise and encourage your child when they share which Zone they are in

✓ Develop your child's own Zones of Regulation 'tool box' – using the strategies above

✓ Have easy access to calming/sensory equipment at home

✓ Remember to monitor your language; usually less is best (minimal in the red zone)

Tips for helping your child to regulate

- Know yourself and how you react in difficult situations before dealing with your child's behaviours
- Know your child's sensory threshold. We all process sensory information differently and it impacts our reactivity to situations
- Know your child's triggers
- Be consistent in managing your child's behaviour
- Empathise with your child and validate what they are feeling
- Have clear boundaries/routines and always follow through
- Do not deal with an angry, upset child when you are not yet calm yourself
- Discuss strategies for the next time when you are in a similar situation
- Remember to ask your child how their choices made you feel (empathy)

WHO TO SPEAK TO IN SCHOOL



Who to speak to in school

There may be times when you need to speak to a member of staff in school about your child. Please always speak to your child's Class Teacher first. If you need to speak to your child's Phase Leader, their details are below.



If your child is in Early Years, you can speak to Mrs Laycock.



If your child is in KS1, you can speak to Mrs Normington.



If your child is in Lower Key Stage 2, you can speak to Miss Broomfield.



If your child is in Upper Key Stage 2, you can speak to Mr Gibbs.

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.

Be a Landmark Explorer

This is a non-fiction book and I found it really interesting. I enjoyed learning about the coastline of the UK and that there are lots of unusually shaped cliffs and rocks. I loved reading about castles too! This is a great book if you are interested in Geography.

Amyrah —Year 3



CONGRATULATIONS!



We would like to say a huge congratulations to the new Mr and Mrs Birkinshaw, who got married last weekend!

We hope you had an amazing wedding day!

SCHOLASTIC BOOK FAIR



Our Scholastic Book Fair will be open in school from Monday 30th September. Parents and children can choose some lovely new books and school will then be able to choose some books for our library. The book fair will be open each afternoon, after school. More information will follow.

COMMUNITY LIBRARY



Please help yourself to any books you wish to borrow from our community library. Donations of children's books are also gratefully received—Thank you!

Our community library is located just outside the main office.



**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 **20/09/24**.

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	89.2%	0
Willow	93%	1
Kandinsky	97.7%	1
Matisse	100%	0
Lowry	96.4%	0
Van Gogh	95.7%	1

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	97.0%	0
Roald Dahl	95.6%	3
JK Rowling	99.4%	1
Michael Morpurgo	94.9%	1
Elgar	98.3%	7
Mozart	96.5%	0
Beethoven	91.0%	1
Vivaldi	98.0%	0

Congratulations to **Matisse Class and JK Rowling Class** for having the **best attendance** this week.

Well done to **Elm Class, Matisse Class, Lowry Class, Anne Fine Class, Mozart Class and Vivaldi Class** for having **no lates!** Our whole school attendance this week:

96.1%

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 - Wake Up Wednesday guide from National Online Safety is about 'Final Fantasy XIV'.
LETTERS:	17.09.24 - Harvest day 18.09.24 - Great Oak Nursery 19.09.24 - Parents Evening Consultation Tuesday 8th October 2024
MESSAGES VIA PARENTAPPS:	17.09.24 - After School Club & Extra Club 18.09.24 - Facebook Link 18.09.24 - Dangerous Parking & Driving 20.09.24 - Bikes and Scooters on the Playground

MYHAPPYMIND APP

The myHappyMind app has been updated and now includes some new features—kids zone, myHappyMind games and mini master classes for parents .



Download your FREE myHappyMind Parent App



...An online resource to support you and your family to learn more about how you can use myHappyMind to support your child.




myHappyMind for Parents

Exclusively for parents with children at a myHappyMind School or Nursery.



Learn all about what your children are learning in school



YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP

107220

COMMUNITY NEWS

Nature Connection

Peel Park, Cliffe Road entrance, BD3 0LY
(at toddler natural play area)
For families with 0-4s
in the Better Start Bradford area

These sessions are FREE

Planned Activities

- Scavenger Hunts
- Nature Trays
- Nature Sensory Time
- Make a dragon home
- Make a bird's nest
- Make bird feeders
- Make a wildflower seed ball and much more!

PEEL PARK

- Monday 30 September 2024
- Monday 4 November 2024
- Monday 3 March 2025

all at 10:00am - 12:00noon

To book please contact Haleema on 07506 864878

WHY WE NEED BEES STORY TIME

Peel Park, Cliffe Road entrance, BD3 0LY
(at toddler natural play area)
For families with 0-4s in the Better Start Bradford area

Friday 8 November
11am - 1pm

Funded by Better Place's Nurture Naturelets Project

City of Nature CIC
Bringing biodiversity into the heart of the city.

We're going to discover why we need bees in this fun interactive session.

We will find out how many different species of bees we have in the UK using a fun game.

We will look through lift the flap books and talk about the different species of bees.

And lots more bumble bee fun.

This session is FREE

To book please email cityofnature@yahoo.com or text Haleema on 07506 864878



KIDS CLUB

FROM SEPT. 2024

FREE! Monday-Wednesday-Thursday
3:30-5:00pm

Drop off sessions for Primary School children

Mondays

Wednesdays

The Gateway Centre
45 Thackeray Road BD100JR
01274 636602

For More information, message us:
07449567121
Booking required

MUSIC CENTRE

ROCK & POP VOCALS

All singers are welcome to our new Rock School group - Rock & Pop Vocals, where singers will get the opportunity to work on developing their vocal skills ready for live performances with the Rock Band.

Every Tuesday 6.30 - 7.30 pm Titus Salt School

Our Music Centres are an opportunity for children from across the district to participate in bands and orchestras of various standards. Being a member of a music group provides a wide range of opportunities to develop musicianship, playing, and vocal skills. For most people, music has its greatest impact when played with others.

<https://ukbradfordmusic.speedadmindk/registration/>

HELP GREAT OAK NURSERY

GET EXTRA RESOURCES FOR YOUR CHILD



DID YOU KNOW

We can claim £300 of additional funding for every eligible 3 or 4 year old in our care.

This money helps us provide activities and new equipment to benefit your child.

HOW CAN YOU HELP?

If you receive one of the benefits listed, we will be able to access this Early Years Pupil Premium funding for your child.

To check if your child is eligible, **scan the QR code** with your phones camera and complete the form or call the office on **01274 639049**



DO YOU RECEIVE ANY OF THE FOLLOWING BENEFITS:

- Income Support
- Income-based Job Seekers Allowance
- Guaranteed Element of State Pension Credit
- Universal Credit, and household income is less than £7,400 a year after tax, not including benefit payments
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of less than £16,190)
- Working Tax Credit run on paid for 4 weeks after you stop qualifying for Working Tax Credit.
- Support under Part Vi of the Immigration and Asylum Act 1999 or if your child has been looked after by the Local Authority for at least one day, adopted from care, left care through special guardianship or subject to a child arrangement order.





SWAIN HOUSE PRIMARY SCHOOL

Enquire Now for September 2025 Reception Places

Come and look around our amazing
Early Years learning environments and
meet our fantastic team!

Scan the QR code below for a virtual tour of our
Reception classroom.



Call the Office on 01274 639049
or email the Reception Team at
Reception@swainhouse.bradford.sch.uk

COMMUNITY NEWS

**you scan,
we DONATE
££s TO
SCHOOLS.**



Asda Rewards Cashpot for Schools

[Cashpot for Schools Terms & Conditions](#) [Asda Rewards terms & Conditions](#)

1

Download and sign up to the Asda Rewards app

Opt into the Cashpot for Schools campaign and select a specific primary school or select 'Schools in Need'.

2

Shop in store across Asda and George, or online at Asda.com

Asda will donate a percentage of your shop to your chosen school each time you shop and scan.

3

Asda does the rest

The money raised will be donated through Parentkind to schools to spend on what they need most. This won't affect your own Cashpot earn.

Once opted in and selected a school, we will add £1 to your chosen schools Cashpot to help get them started.

Each school will get an additional £50 added to their Cashpot, after at least one customer has shopped and scanned their Rewards app.



SEND

Do you have a child with SEND?

Please click the link or scan the QR code to access a summary of local support groups for parents/ carers.

https://pfba.org.uk/wp-content/uploads/2019/05/Summary-of-Local-Support-Groups.pdf?utm_medium=email&utm_source=govdelivery



REMINDERS

BREAKFAST CLUB

Our Breakfast Club opens at 7.30am at a cost of £3.00 each per day or at 7.45am at the cost of £2.50 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 £2.50 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 £4.50 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.

DIARY DATES

ANY NEWLY ADDED ITEMS WILL BE IN BLUE

DAY	DATE	TIME	EVENT
Monday	23.09.24	3.15pm	Year 6 Residential Meeting
Wednesday - Friday	02.10.24 - 04.10.24		Year 6 Residential to Newby Wiske Hall
Tuesday	08.10.24	3.15pm - 6.10pm	Parents Evening
Friday	18.10.24		Harvest Day

COMING UP IN AUTUMN TERM

AUTUMN TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	10.10.24	2.30pm	Year 6 Residential Assembly
Thursday	17.10.24	2.30pm	Roald Dahl Class Assembly
Thursday	24.10.24	2.30pm	Michael Morpurgo Deepawali Assembly
Thursday	14.11.24	2.30pm	Vivaldi Class Assembly
Thursday	21.11.24	2.30pm	Beethoven Class Assembly
Thursday	28.11.24	2.30pm	Year 5 Residential Assembly
Thursday	12.12.24	2.30pm	JK Rowling Hanukkah Assembly

DATES TO REMEMBER!

Year 6

Residential Meeting

Monday 23rd September 2024 at 3.15pm. Please come to the school office as the meeting will be held in our main hall.



Halloween Disco

Thursday 24th October

5:00pm - 6.30pm

More details to follow!



Parents Consultations

Tuesday 8th October 2024

Please see your child's class teacher to book an appointment

MENU 23/09/24

WEEK 1

MENU

For full allergen & nutritional information head to <https://schoolmeals.bradford.gov.uk>



Choose from...

MON

- Vegetarian Chili & Nachos
- Spaghetti Marinara
- Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna



Assorted Individual Salads

Desserts...

- Flapjack
- Freshly Prepared Fruit

Choose from...

TUE

- Pasta Bolognese
- Halal BBQ Chicken Pasta Bake
- Mac n Cheese
- Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

Garlic Bread

Assorted Individual Salads

Desserts...

- Chocolate Mousse
- Freshly Prepared Fruit

Choose from...

WED

- Roast of the Day
- Halal Roast Chicken Breast
- Quorn Toad in the Hole
- Jacket Potato with Cheese & Tuna
- Cheddar & Mozzarella Hot Baguette

Roast Potatoes, Yorkshire Pudding

Seasonal Vegetables, Assorted Individual Salads

Desserts...

- Jam Sponge
- Freshly Prepared Fruit

Choose from...

THUR

- Cheese & Tomato Pizza
- Assorted Sandwiches

Chips

Baked Beans, Assorted Individual Salads

Desserts...

- Individual Ice Cream Tub
- Freshly Prepared Fruit

Choose from...

FRI

- Fish Fingers
- Salmon Fishcakes
- Vegetable Samosa
- Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

Jacket Potato Wedges

Seasonal Vegetables, Assorted Individual Salads

Desserts...

- Chocolate Sponge
- Freshly Prepared Fruit

Suitable for...



VEGAN VEGETARIAN

NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is about 'Final Fantasy XIV'.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about FINAL FANTASY XIV

AGE RESTRICTION
PEGI
16

WHAT ARE THE RISKS?

The video game Final Fantasy XIV launched in 2010, and, despite being critically panned, it saw an overhaul that has made it one of the biggest success stories in gaming. Its huge world, epic story and versatile combat system have continued to draw in new players, but there's a lot that trusted adults need to be aware of – not least the cost of paying monthly to play.

ALWAYS ONLINE

Final Fantasy XIV is an MMORPG, which stands for Massively Multiplayer Online Role-Playing Game. Much like World of Warcraft, players create a character in a chosen class and level up by completing quests to gain power and items. The game requires a constant internet connection, whether you're playing on PC, Mac, PlayStation or Xbox, and there's no option to play offline.

REGULAR EXPANSIONS

As with similar titles in the genre, players can purchase expansions to unlock additional content for the game. Those without the expansions will be locked out of certain new quests and activities, meaning that young people who play regularly will potentially have the next release earmarked on their calendar, ready to buy it as soon as possible.

IN-GAME PURCHASES & SUBSCRIPTION FEE

Users need to pay £8.99 per month to play Final Fantasy XIV, but there is a free trial. If someone stops paying, they'll lose access to their character (although they'll be able to pick up the payments again and resume where they left off). If a player forgets to cancel their payments, however, those subscription fees will continue rolling on automatically.

FREE TRIAL

VOICE & TEXT CHAT

Final Fantasy XIV lets players send chat messages in-game or speak to each other over voice chat. On the one hand, that provides plenty of choice for how those enjoying the game can interact with their fellow fans. On the other hand, however, it's easier than in many games to receive unprompted messages from a stranger, with whom you constantly share your play space.

VIOLENCE

While Final Fantasy XIV has a fairly light tone throughout some of its quests, many involve killing enemies and sometimes even wild animals. The violence isn't especially strong – more comparable to a cartoon or anime style – but the act alone may make some children feel uncomfortable, if they're not yet able to separate fictional harm from the real kind.

POTENTIAL FOR ADDICTION

As with World of Warcraft, there's an element of addiction to Final Fantasy XIV. The gameplay loop can be quite engrossing, as minutes turn into hours and hours into days while playing alone or with friends. This can potentially lead to missing real-life events, a lack of interest in any activities not related to the game and procrastination around responsibilities like schoolwork.

Advice for Parents & Educators

MANAGE PLAYTIME

Playtime limits are a great way to counter the addictive qualities of games like Final Fantasy XIV. They allow you discuss why it's still important to enjoy things outside of gaming while still letting a child enjoy playing online with their friends when it makes sense to do so. It's all well and good to have fun with a game, so long as they're able to step away and reconnect with the real world.

PLAY TOGETHER

The free trial makes it extremely easy to jump into Final Fantasy XIV and play alongside a child, provided they're old enough. Not only does that help you ensure that settings are adjusted for their privacy and safety, but it may also end up becoming a bonding experience for you both and any other family members that want to try it out.

MAKE USE OF THE FREE TRIAL

The Final Fantasy XIV free trial is a generous one, with no limits on how long someone can play until their character hits level 70. That's easily dozens of hours for a child to go through the game, complete quests, and see if they enjoy it before purchasing expansions or subscribing to a membership. They may well move on to something else before you need to spend so much as a penny.

REMEMBER, IT'S A PEGI 16

Despite its often-relaxing nature, Final Fantasy XIV carries a PEGI 16 rating for violence and drugs (although the latter is due to a character smoking a pipe on occasion). There's minimal blood, but characters can attack enemies (and other players) with weapons and spells. Take a look at some gameplay videos to see if the content is appropriate for a younger player.

Meet Our Expert

Lloyd Coombes is the Editor-in-Chief of GGRecon, and has been working in the gaming and tech industry for five years. A longtime fan of online games, he's also a parent, and therefore understands the importance of online safety. Writing mainly about tech and fitness, his work has previously been published at sites including IGN, TechRadar and plenty more.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/final-fantasy-14>

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.09.2024