

# NEWSLETTER

FRIDAY 20TH MARCH 2026



TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

## YEAR 3 STONE AGE WORK SHOP

On Monday Year 3 spent time with Eden, an archeologist and story teller. They found out so much about the Stone Age period and how the people from this time period evolved and lived, by looking at artifacts, models and through role-play. The children had a great time!



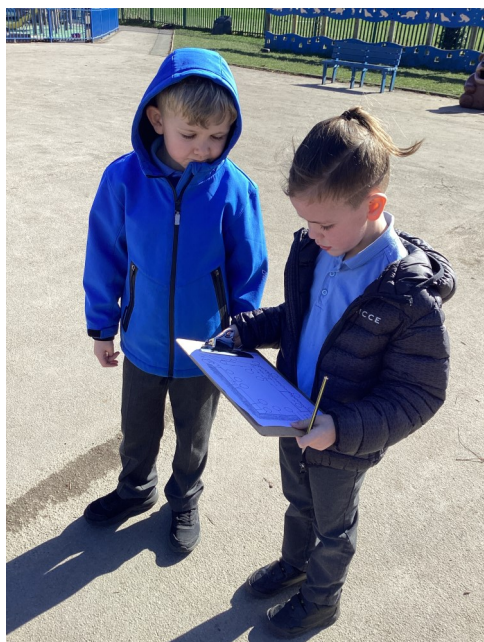
# SWAIN HOUSE GIRL POWER TEAM!

The Swain House girl power team led a school assembly explaining the importance of empowering women in sports. They will be leading workshops through out the summer term to teach the children of Swain House why it is so important for girls and women to be a part of the sporting world!



# YEAR 2 ARCTIC WORKSHOP

Year 2 really enjoyed their Arctic Workshop this week when we were visited by a real-life explorer. We got to learn all about the survival techniques and equipment needed for an Arctic expedition. Also, we learnt how to use navigation skills just like we would in the Arctic.



# ACTIVE TRAVEL INSPECTORS

Last week, 6 of our Year 6 girls became Active Travel Inspectors. Their job is to work alongside Mr Birkinshaw and Modeshift Stars to promote healthier ways to come to and from school. They took part in an Active Travel Survey of our local area to see what we could improve.

Below is a comment from Tanya from Modeshift Stars:

*Your 6 ATI's – Lucy, Dallas, Elsie, Ocean, Lily and Aala were fantastic and a real pleasure to work with. They are a real credit to your school and it was great to hear all the ideas and suggestions that they had.*



# BRITISH SIGN LANGUAGE WEEK!



We're excited to share this month's updates and events with you! It's Sign Language Week here at Swain House School, and there's been a real buzz around the school. We have raised £60.00! The money will go to the British Deaf Association. Thank you so much for your support!

Over the past few weeks, we've been busy filming across the whole school, and it's been wonderful to see so many people getting involved. It was lovely to bring everyone together for our Sign Language Week video.

This year's theme is United in Sign—a celebration of unity, pride, and collective action around BSL and Deaf culture.

Our RP pupils have been getting creative by designing their own artwork inspired by the Deaf flag. Along the way, they've been learning new words such as community, culture, pride, and proud, as well as practising new BSL signs linked to the flag.

They created their own pieces to express their pride in being part of our school community, and it's been lovely to see them working together as a team. To finish the lesson, they had great fun using handprints—things got wonderfully messy! It was a fantastic activity for their wellbeing, and they absolutely loved it.



# BRITISH SIGN LANGUAGE WEEK!

To celebrate Sign Language Week (16th - 22nd March 2026), pupils in the RP have produced a special BSL storytelling video of the book *Flooded*.

One of our Year 4 pupils signs the story in British Sign Language, bringing the book to life through expressive storytelling. At the end of the video, other pupils demonstrate key signs from the story, helping everyone learn some BSL vocabulary.

This recognises British Sign Language as a rich language and a key part of Deaf culture and identity. We are very proud of the pupils' confidence, creativity, and teamwork in sharing BSL and Deaf culture with our school community.

Our next event will be Deaf Awareness Week 2026 which will take place from 4th to 10th May 2026. The theme is - '**Right to Understand – Together, we break barriers**' emphasising the importance of accessibility, inclusions, understanding of British Sign Language (BSL) and Deaf culture.

Eid Mubarak and Happy Easter from us all in BSL Team! Ms Robinson and Mr Mohammad.



# JUNIOR PARKRUN



## What is junior parkrun?

First timers welcome

It's 2k community event and for 4 to 14 year olds

It's free and every Sunday

Event are created and run by our amazing volunteers

Walk, jog, run, skip around the course, volunteer or spectate

It's fun, no one finishes last and we welcome everyone!

It's a run not a race, keep a smile on your face!



We had a special assembly this week, led by Miss Broad, about Junior Parkrun.

We have signed up to be a Parkrun Partner School. We were very excited to tell the children all about Junior Parkrun and to invite them to join us in the Junior Parkrun at Roberts Park on **Sunday 17<sup>th</sup> May**. We would love to see you there!

To register for parkrun visit this website [www.parkrun.org.uk/register](http://www.parkrun.org.uk/register). You will then be sent your very own parkrun barcode. Bring this with you to every parkrun event. Click [here](#) to register.



## Five steps to get involved

- Ask a parent or adult to register you on the [parkrun website](http://www.parkrun.org.uk/register), you will then be sent your very own parkrun barcode
- Join us at any junior parkrun or parkrun event
- Bring your personal barcode with you
- Walk, jog, run, skip around the course, volunteer or spectate
- Most importantly **have fun...**
- We are going to join the junior parkrun at Roberts park on **SUNDAY 17th May at 9am!!** We look forward to seeing you all there!



# JUNIOR PARKRUN

junior parkrun -  
where everyone is



welcome

junior parkrun is a free, fun,  
friendly, weekly, community  
event organised by volunteers  
of all ages for children  
aged 4 to 14.

2k junior parkrun events  
take place on Sunday mornings  
and are for the whole community  
to come together to walk, jog,  
run and volunteer. Join in on  
the fun at junior parkrun!



junior parkrun

# EID CELEBRATION



## **Swain House Primary School**

**Radcliffe Avenue, Bradford BD2 1JL**

**Headteacher: Mrs Clare Pugh**

**Tel: 01274 639049**

**E-mail: [office@swainhouse.bradford.sch.uk](mailto:office@swainhouse.bradford.sch.uk)**

**Website: [www.swainhouse.co.uk](http://www.swainhouse.co.uk)**

Wednesday 18<sup>th</sup> March 2026

Dear Parent/Guardian

School will be having an Eid celebration afternoon on Monday 23<sup>rd</sup> March 2026. During this afternoon, children will be involved in a number of Eid activities.

There will be opportunities for any children that have celebrated Eid to talk about their day.

We would like to see some photographs of your Eid celebrations. Please send them to the office email on [office@swainhouse.bradford.sch.uk](mailto:office@swainhouse.bradford.sch.uk) and these will be forwarded on to their class teachers to share with their class.

Yours sincerely

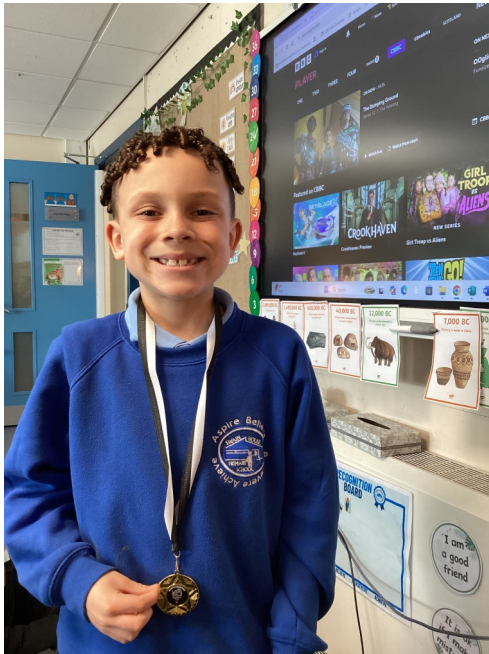
A handwritten signature in black ink that reads 'C. Pugh'.

Mrs Clare Pugh  
Headteacher



# SHARING YOUR NEWS!

We would like to say a big well done to Myla in Year 3, who has received medals and a special certificate for her excellence in dance! Well done Myla we are so proud of you!



Well done to Lincs in Year 3 who received a special medal for his great football skills last weekend. He scored 4 goals and is looking forward to playing in a tournament over the summer. Well done Lincs!

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!**



# EASTER CRAFT SESSIONS!



## Easter Craft Sessions

<u>Class</u>	<u>Date</u>	<u>Time</u>
Little Acorns Nursery	Tuesday 24 <sup>th</sup> March 2026	10.15am – 11.00am 2.00pm – 2.45pm
Great Oak Nursery	Tuesday 24 <sup>th</sup> March 2026	10.15am – 11.00am 2.00pm – 2.45pm
Reception	Tuesday 24 <sup>th</sup> March 2026	9.00am – 9.45am 2.00pm – 2.45pm
Year 1	Wednesday 25 <sup>th</sup> March 2026	2.00pm – 2.45pm
Year 2	Wednesday 25 <sup>th</sup> March 2026	2.00pm – 2.45pm
Year 3	Wednesday 18 <sup>th</sup> March 2026	2.00pm – 2.45pm
Year 4	Wednesday 18 <sup>th</sup> March 2026	2.00pm – 2.45pm
Year 5	Wednesday 25 <sup>th</sup> March 2026	2.00pm – 2.45pm
Year 6	Wednesday 25 <sup>th</sup> March 2026	2.00pm – 2.45pm



# CHOCOLATE RAFFLE



Swain House Primary School  
Radcliffe Avenue, Bradford BD2 1JL  
Headteacher: Mrs Clare Pugh  
Tel: 01274 639049  
E-mail: [office@swainhouse.bradford.sch.uk](mailto:office@swainhouse.bradford.sch.uk)  
Website: [www.swainhouse.co.uk](http://www.swainhouse.co.uk)

## Friends of Swain House Primary School



Dear Parent/Guardian

Following the success of previous Chocolate Raffles, the 'Friends of Swain House Primary School' have organised an Easter Chocolate Raffle to be held on **Thursday 26<sup>th</sup> March 2026**.

Tickets are available via your child's class at a cost of £1.00 per ticket (you may buy as many tickets as you wish). Please send the correct money with your child in a sealed envelope with the name of the person purchasing the ticket.

All tickets must be purchased by **Wednesday 25<sup>th</sup> March 2026**.

In order to provide the chocolate hamper prizes, we are asking for donations of gifts of chocolate to the school. Donations could be chocolate bars, boxes of chocolate, chocolate oranges, chocolate sweets, Easter eggs or anything else made out of chocolate.

Please send any chocolate donations to school with your child **from tomorrow**. We will also be having a non-uniform day in exchange for a chocolate donation on **Friday 13<sup>th</sup> March 2026**.

If you have any last minute chocolate donations, the last day for these to be brought to school will be **Monday 23<sup>rd</sup> March 2026**.

Let's raise as much money as possible to benefit all our children at school!

Thank you for your continued support,

Friends of Swain House Primary School

# GREAT OAK NURSERY



## Great Oak Nursery

at

### Swain House Primary School

Now enrolling for our September, January and April intakes

## Is your child 3 or 4 years old?

*'My child started Great Oak Nursery in September. All of the teachers have been amazing and my child loves coming to his new school and is thriving*



***We have full & part time places available***

**With wrap around care 7.30am until 6.00pm**

**7.30am Breakfast Club - £2.40 a day**

**7.45am Breakfast Club - £1.90 a day**

**8.00am Breakfast Club - free**

**After School club 3.15pm until 4.00pm £2.50 a day**

**Extra Club 4.00pm until 6.00pm £4.50 a day**

**Please contact the school on**

**01274 639049**

# LITTLE ACORNS NURSERY

## Little Acorns Nursery At Swain House Primary School

Do you have a 2 year old?

September, January and April intake

Little Acorns Nursery is a warm, nurturing atmosphere where children learn through play in a safe and stimulating environment



We have full & part time places available

With wraparound care  
7.30am until 6.00pm

please contact the school on  
01274 639049

# 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 **20.03.26**

### Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	92.0%	0
Willow	91.7%	0
Kandinsky	88.4%	3
Matisse	88.8%	0
Lowry	93.1%	2
Van Gogh	93.5%	4

### Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	90.9%	3
Roald Dahl	86.9%	3
JK Rowling	88.5%	5
Michael Morpurgo	85.2%	0
Elgar	88.4%	2
Mozart	83.1%	1
Beethoven	91.4%	4
Vivaldi	90.7%	2

Congratulations to Elm, Willow, Van Gogh and Michael Morpurgo for having no lates!

Our whole school attendance this week:

**89.4%**

## 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**.

<b>WEBSITE UPDATES:</b>	National Online Safety - 'Wake Up Wednesday' guide from National Online Safety is about 'Online Trends Encouraging Violence'.
<b>LETTERS:</b>	17.03.26 – Mozart Class Easter Assembly 17.03.26 – Eid Menu 18.03.26 – Eid Afternoon
<b>MESSAGES VIA PARENTAPPS:</b>	

# COMMUNITY NEWS



## SEND Youth Voice Summit

A youth voice event for students with special educational needs and/or disabilities





Tuesday 9 June, 2026

10am - 1.30pm

City Hall, Bradford

An opportunity for secondary students with SEND (supported by staff) to share their views and experiences, visit City Hall and meet other young people.

**CONTACT  
US**

-  meet key services
-  share experiences
-  develop ideas
-  shape the future.

**SENDYouthVoice@bradford.gov.uk**

**Phone: 074845 44062**



# COMMUNITY NEWS



## Easter Creative Art Camps

30th March - 2nd April | For ages 5-15



**£10**  
per day!  
\*includes lunch



- Music Production
- Keyboard/Guitar
- Film Making
- Aerial Hoop/Silks
- Acro Dance
- Circus Skills
- Arts & Crafts
- Performing Arts
- Dance

### YACAD - Parkland Creative Arts Camp

10:00am - 3:00pm

Co-op Academy Parkland,  
Old Park Rd, Bradford, BD10 9BG

### YACAD - Wycliffe Circus Camp

10:00am - 2:00pm

Wycliffe CE Primary School  
Saltaire Rd, Shipley BD18 3HZ

### YACAD - Shipley Music Camp

10:00am - 2:00pm

Shipley CofE Primary School  
Otley Rd, Shipley BD18 2PT

### Book Now | Easter fun starts here!



If your child receives free school meals, you may be eligible for a funded place. Please register them on our HAF portal by using the link below and selecting your chosen camp:

<https://bradford.haf.fun/login>

**Funded Places Available!**



HAF@yacad.org | 01274 020263 | [www.yacad.co.uk](http://www.yacad.co.uk)



Department for Education

City of BRADFORD  
CITY OF BRADFORD & DISTRICT COUNCIL



## EASTER HAF (HOLIDAY AND FOOD) PROGRAMME

# Bolton Villas 1924 Cricket Club



All Alone Road BD10 8TZ

Free entry

Free entry

Learning, Cricket  
And Food

7, 8, 9 & 10 April  
10:30 AM - 2:30 PM

**Fun Activities**

**AGES 5-16**

Contact Mo Hussain on 07813848891

# COMMUNITY NEWS



Bradford District Care  
NHS Foundation Trust

## Parent and Carer Support Group

From the Mental Health Support Team

Our online Parent and Carer Support Group offers a safe and welcoming space to explore ways of supporting your child's emotional wellbeing, and your own.

Each half term, we cover a new wellbeing topic inspired by the Five Ways to Wellbeing, and share practical tips and ideas. It's also a chance to connect with other parents, share experiences, and support one another.

This half-term's topic:

Take Notice – Stress, Anxiety and Worry

This session will give parents and carers a greater understanding to what stress, anxiety and worry is for young people and share useful tools to support their young person at these times.

Date: Tuesday 24<sup>th</sup> 2026

Times: 10:30am – 12:00pm or 7:00pm – 8:30pm

Platform: Microsoft Teams

To register your interest and receive a joining link, please email:  
[mhstparentsupport@bdct.onmicrosoft.com](mailto:mhstparentsupport@bdct.onmicrosoft.com)



better lives, together

W: [www.bdct.nhs.uk](http://www.bdct.nhs.uk)

Twitter: @BDCFT

# COMMUNITY NEWS



## SEND Marketplace drop-in events

Specialist services available to ask questions, give information, advice and support. The last Monday of every month.



- 26 January (2pm - 4.30pm) at Reevy Hill Family Hub
- 23 February (9.30am -12.30pm) at Rainbow Family Hub
- 30 March (1pm - 3pm) at Barkerend Family Hub
- 27 April (9.30am -12.30pm) at Farcliffe Family Hub
- 18 May (2pm - 4.30pm) at TFD Family Hub
- 29 June (9.30am -11.30am) at Shipley Library
- 27 July (1pm - 3pm) at Barkerend Family Hub
- 24 August (9.30am - 12.30pm) at Farcliffe Family Hub
- 25 September (2pm - 4.30pm) at Reevy Hill Family Hub
- 26 October (9.30am -12.30pm) at Rainbow Family Hub
- 30 November (1pm - 3pm) at Barkerend Family Hub
- 21 December (9.30am - 12.30pm) at Farcliffe Family Hub

### Support available on:

Autism/ADHD

Speech and language

Relationship issues

Sleeping difficulties

Finance/benefits

Education

Bradford District and Craven  
Health and Care Partnership



# COMMUNITY NEWS



**velocity kids**  
swimming | cycling | holiday clubs

## AT THE HIGHFIELD HOTEL, BD10

**splash & glide**  
swimming lessons

**Pre-school classes:**  
Monday, Wednesday, Thursday & Friday  
From 10am

**After school classes:**  
Monday, Wednesday & Thursday  
4pm - 7pm

**to book email:**  
hello@velocitykids.co.uk

*new website coming soon!*



**DEN BUDDIES** **HOLIDAY ACTIVITIES**

## EASTER HOLIDAY CLUB

**APRIL 7TH - 10TH**

**AT THE ACTIVITY DEN**

Join us for crafts, sports, creative workshops and a day trip to Buckden House

**YEAR 1 TO YEAR 6**

**FREE**

**PLAY & LEARN**

**BREAKFAST & LUNCH PROVIDED**

Limited spaces so booking is essential. Spaces are available to those who receive benefit related free school meals

Booking opens 2nd March via  
<https://www.theactivityden.com/whatson/den-buddies/>

Department for Education **BRADFORD**

# MYHAPPYMIND

## OUR CONVERSATION CARD OF THE WEEK



### Enjoy a conversation!

Each week we will share a conversation card. These are designed to help you have meaningful and fun conversations with your child and aid discussions about mental health and happiness.



# MYHAPPYMIND APP

The myHappyMind app includes lots of fantastic features such as—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

# REMINDERS

## BREAKFAST CLUB AFTER SCHOOL CLUB

Our Breakfast Club opens at 7.30am at a cost of £2.40 each per day or at 7.45am at the cost of £1.90 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.

We have a free Breakfast Club 8.00am—8.30am

If you would like to book this please use ParentApps

## 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 6.00pm 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	23.03.26		Eid Afternoon
Thursday	26.03.26	3.15pm	Nell Bank Parents Meeting
Friday	27.03.26		Non Uniform Day

# COMING UP IN SPRING TERM

## SPRING TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Tuesday	24.03.26	2.20pm	Mozart Class Easter Assembly

## DATES TO REMEMBER!

Year 4 Nell Bank Parents meeting,  
Thursday 26<sup>th</sup> March, 3:15 main  
hall



# MENU 23/03/26

Homemade bread,  
selection of seasonal  
vegetables / fresh salad  
and fresh fruits served  
daily

## Swain House Primary School

Wk 1 - 3rd Nov, 24th Nov,  
15th Dec, 5th Jan, 16th  
Jan, 9th Mar  
Wk 2 - 10th Nov, 1st Dec,  
22nd Dec, 12th Jan, 2nd  
Feb, 23rd Feb, 16th Mar  
Wk 3 - 17th Nov, 8th Dec,  
29th Dec, 19th Jan, 9th  
Feb, 2nd Mar, 23rd Mar

	MON	TUES	WED	THUR	FRI
WEEK 1	<p> <b>Halal Rich &amp; Creamy Meat Lasagne</b> (Red Tractor Accredited HMC Beef Mince in a rich Tomato Sauce with Herbs &amp; Garlic layered with Pasta Sheets and a Creamy Cheese Sauce, served with Garlic Bread)</p> <p> <b>Rich &amp; Creamy Meat Lasagne</b> (Red Tractor Accredited Beef Mince in a rich Tomato Sauce with Herbs &amp; Garlic layered with Pasta Sheets and a Creamy Cheese Sauce, served with Garlic Bread)</p> <p> <b>Spaghetti Marinara</b> (A Tomato and mild spiced Sauce combined into cooked Spaghetti, topped with Cheese)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p>	<p> <b>Chicken Tikka Masala with Pilau Rice / Naan Bread</b> (Red Tractor Accredited diced Chicken &amp; Chickpeas in a mild Curry Sauce with Pilau Rice or Naan Bread)</p> <p> <b>Creamy Mac &amp; Cheese</b> (A Macaroni Pasta dish, coated in a Creamy Mature Cheddar Sauce, served with Crusty Bread)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p>	<p> <b>Roast Meat Dinner</b> (Red Tractor Accredited Meat (either Gammon, Turkey or Pork Loin) served with Yorkshire Pudding, Roasties &amp; Gravy)</p> <p> <b>Halal Roast Chicken Breast</b> (Red Tractor Accredited HMC Chicken Breast, served with Yorkshire Pudding, Roast Potatoes &amp; Vegan Gravy)</p> <p> <b>Toad in the Hole</b> (Quorn Sausage Baked in a light Batter, served with Roast Potatoes)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p>	<p> <b>Classic Cheese &amp; Tomato Pizza with Coleslaw &amp; Salad</b> (Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)</p> <p> <b>Arrabiata Pasta</b> (Chili Tomato Sauce with Lentils and Peppers, served with Pasta &amp; Crusty Bread)</p> <p>Assorted Jacket Potatoes</p>	<p><b>MSC Breaded Fish Fillet Fingers</b> (MSC Fish Fillet Fingers, served with Seasoned Potatoes)</p> <p><b>Southern Fried Chicken Goujons &amp; Garlic Mayo</b> (Red Tractor Accredited pre-fried Breaded Chicken, served with Garlic Mayonnaise &amp; baked Jacket Wedges)</p> <p> <b>Vegetable Samosa</b> (Vegetables with a light Spice enclosed in Pastry &amp; Baked, served with Rata)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p>
	<p> <b>Chocolate Sponge &amp; Chocolate Sauce</b> (Homemade, light Chocolate Sponge, served with Chocolate Sauce)</p>	<p> <b>Butterfly Buns</b> (Individual decorated Sponge-based Dessert)</p>	<p> <b>Fruity Flapjack</b> (A sweet Bar made with Oats, Golden Syrup &amp; Butter with Fruit)</p>	<p> <b>Creamy Rice Pudding with Strawberry Jam</b> (Creamy Milk pudding served with Jam)</p>	<p> <b>Strawberry Sponge &amp; Custard</b> (Homemade, light Vanilla Sponge with a Strawberry Jam swirl, served with Custard)</p>
	<p><b>Beef &amp; Red Lentil Bolognese &amp; Garlic Bread</b> (Red Tractor Accredited Beef Mince &amp; Lentils in a Tomato Sauce served with Pasta &amp; Garlic Bread)</p> <p> <b>Halal Keema Biryani</b> (Red Tractor Accredited HMC Beef Mince &amp; Peas in a Spicy Pilau Rice)</p> <p> <b>Pomodoro Pasta</b> (A simple, delicious rich Tomato Sauce with Beans, served with Garlic Bread)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p>	<p><b>Traditional Chicken Pie</b> (Red Tractor Accredited diced Chicken Pieces in a rich Gravy with Vegetables, topped with a Golden Pastry Lid served with Potatoes)</p> <p> <b>Golden Cheese Whirl</b> (Cheese, Potato &amp; Onion encase in Puff Pastry, served with baked Jacket Wedges)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p>	<p><b>Roast Meat Dinner</b> (Red Tractor Accredited Meat (either Gammon, Turkey or Pork Loin) served with Yorkshire Pudding, Roasties &amp; Gravy)</p> <p> <b>Halal Roast Chicken Breast</b> (Red Tractor Accredited HMC Chicken Breast, served with Yorkshire Pudding, Roast Potatoes &amp; Vegan Gravy)</p> <p> <b>Hearty Shepherd's Pie</b> (Soya Mince, Veg and Gravy filling, topped with Mashed Potatoes)</p>	<p> <b>Classic Cheese &amp; Tomato Pizza with Coleslaw &amp; Salad</b> (Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)</p> <p> <b>Arrabiata Pasta</b> (Chili Tomato Sauce with Lentils and Peppers, served with Pasta &amp; Crusty Bread)</p> <p>Assorted Jacket Potatoes / <b>Selection of Sandwiches</b></p>	<p><b>MSC Battered Fish Fillet</b> (MSC Battered Fillet of Fish, served with Baked Jacket Wedges)</p> <p> <b>Vegetable Pakoras</b> (Mixed Vegetables &amp; Onion coated in Tempura Batter, served with Baked Jacket Wedges &amp; Rata)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p>
WEEK 2	<p> <b>Decorated Fruit Jelly</b> (Jelly with Fruit, topped with Fresh Cream)</p>	<p> <b>Vanilla Sponge</b> (Homemade, light Vanilla Sponge with a hint of Vanilla, served with Custard)</p>	<p> <b>Sprinkle Cake</b> (Homemade Vanilla Sponge, lightly topped with Water long and Sprinkles)</p>	<p> <b>Gallydale Biscuits</b> (Homemade, cranberry, Cury Raisins)</p>	<p> <b>Marble Sponge &amp; Chocolate Sauce</b> (Homemade Sponge with swirls of both Vanilla &amp; Chocolate Cakes, served with Chocolate Sauce)</p>
WEEK 3	<p><b>Creamy Chicken Pasta &amp; Crusty Bread</b> (Red Tractor Accredited diced Chicken in a homemade Creamy Sauce with Garlic, served with Penne Pasta)</p> <p> <b>Halal Chicken Bhuna</b> (Red Tractor Accredited HMC Chicken stir-fried and slow cooked in a spicy Shama Masala)</p> <p> <b>BBQ Quorn Pasta</b> (Quorn Pieces in a Barbecue flavoured Tomato Sauce, served with Wholemeal Pasta)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p>	<p><b>Loaded Wedges with a Mild Mexican Chilli &amp; topping</b> (Red Tractor Accredited Beef Mince in a mild, homemade Chilli Sauce, served on Baked Jacket Wedges)</p> <p> <b>Loaded Wedges with a mild Mexican Veg Chilli</b> (Vegan Mince in a mild, homemade Chilli Sauce, served on Baked Jacket Wedges with toppings)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p>	<p><b>Sausage in Gravy with Yorkshire Pudding</b> (Red Tractor Accredited Sausage, served with Yorkshire Pudding)</p> <p> <b>Halal Cottage Pie</b> (Red Tractor Accredited HMC Beef Mince in a Gravy with Onions, topped with Mashed Potatoes &amp; Cheese served with Yorkshire Pudding &amp; Gravy)</p> <p> <b>Savoury Mince topped Tatties</b> (Soya Mince, Vegetables &amp; Potatoes, served with a Yorkshire Pudding)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p>	<p> <b>Classic Cheese &amp; Tomato Pizza with Coleslaw &amp; Salad</b> (Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)</p> <p> <b>Spaghetti Marinara</b> (A Tomato and mild spiced Sauce combined into cooked Spaghetti, topped with Cheese)</p> <p>Assorted Jacket Potatoes / <b>Selection of Sandwiches</b></p>	<p><b>MSC Breaded Fish Fillet Fingers</b> (MSC Fish Fillet Fingers, served with Seasoned Potatoes)</p> <p><b>MSC Salmon &amp; Sweet Potato Fishcake</b> (MSC Salmon &amp; Sweet Potato, served with Seasoned Potatoes)</p> <p> <b>American Style Quorn Hot Dog</b> (Quorn Sausage, served in a White Bun with Seasoned Potatoes)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p>
	<p> <b>Apple Crumble &amp; Custard</b> (Stewed Apples topped with Oat Crumble, served with Custard)</p>	<p> <b>Peaches &amp; Ice Cream with Syrup</b> (Vanilla Ice Cream with Tinned Peach Slices with a Chocolate flavoured Syrup)</p>	<p> <b>Cornflake Tart</b> (Pastry base with Cornflakes and Syrup, served with Custard)</p>	<p> <b>Chocolate Sponge &amp; Chocolate Sauce</b> (Homemade, light Chocolate Sponge, served with Chocolate Sauce)</p>	<p> <b>Chocolate Crispy Crunch</b> (A sweet Bar made from puffed Rice, Cocoa &amp; Syrup)</p>

food quarter

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City of  
**BRADFORD**  
METROPOLITAN DISTRICT COUNCIL

# NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is about 'Online Trends Encouraging Violence'.

## What Parents & Educators Need to Know about ONLINE TRENDS ENCOURAGING VIOLENCE

7 out of 10 teens report seeing violent content on social media, with over half of that content featuring fights involving young people. Most don't 'seek' it but are shown it through social media feeds or messaging groups. 91% of young people involved in violence have seen violent social media content. Viral trends, challenges, or 'wars' that are spread online risk encouraging violence offline, while real-world incidents may also be recorded and promoted online.

### WHAT ARE THE RISKS?

#### ALGORITHMIC EXPOSURE

Social media platforms are designed to keep users engaged, meaning dramatic or extreme content can spread widely and quickly. Algorithms often recommend content that reflects users' past interactions. As a result, young people may see more violent material if they have viewed, commented on, or shared it before. Repeated exposure can make violent content appear frequently in their feeds without them fully understanding why.

#### WEAPONS AND CRIMINAL RISK

Teens exposed to high levels of real-world violence on social media sometimes report feeling an increased need to carry a weapon for 'self-protection'; however, carrying a weapon increases the risk of victimisation (harm and injury by others) for young people. In addition, carrying a weapon is a serious offence that can lead to police arrest and a criminal record.

#### SHARING VIOLENT CONTENT

Encouraging or assisting an offence is a crime in the UK, including via social media, and can lead to arrest. This means sharing, forwarding, or reposting violent content carries a risk for young people too. Showing examples of content to a trusted adult is appropriate, but young people should take care not to further spread violent material by posting it online or sharing it within large messaging groups.

#### FEAR, ANXIETY, AND MARGINALISATION

Research shows young people's emotional wellbeing can be negatively impacted by repeated exposure to violent online content, especially when it depicts 'real-world' violence (as opposed to fictional depictions in games or films). Posts featuring weapons, threats, attacks, and fights – or content that appears to glamorise gang activity – can increase feelings of anxiety or fear among young people. Material that encourages violence targeting people because of their identity, such as their nationality or religion, can also create disproportionate harm for children belonging to those groups.

#### AVOIDANCE AND ISOLATION

Real-world violence on social media can increase young people's belief that their local communities – or the 'outside world' more generally – are unsafe places. This can result in avoidant and isolating behaviours, which may negatively affect their wellbeing. As well as feeling fearful of others, teens also report feeling judged for spending time together in large groups, which may affect their social interactions and leisure time.

## Advice for Parents & Educators

#### STAY INFORMED

Stay alert for updates from police, schools, or local authorities, and follow the advice provided. Be cautious about unofficial accounts, fake content, and misinformation, which can spread quickly online or in chat groups. Ensure you get accurate information from trusted sources and encourage young people to do the same. Remind them never to share violent content online and to speak to a trusted adult instead.

#### TALK CRIME AND SAFETY

In most of the UK, the age of criminal responsibility is 10 (12 in Scotland). This means there can be serious criminal consequences for carrying a weapon, taking part in violence, or filming or sharing violent content. Discuss the law with young people alongside practical safety strategies. Ask questions such as: "What could you do if you feel unsafe?" Work together on action plans and remind them they can contact a trusted adult or the police if they witness or experience violence.

#### DISCUSS SOCIAL MEDIA

Encourage young people to talk about the content they see online and the effect it can have. This can be an opportunity to discuss topics such as misinformation, AI-generated material, the attention economy, and algorithms, helping them understand how and why extreme content can spread online. Explore tools available to block, report, and remove harmful content, and signpost where to get support and advice, such as [reportharmfulcontent.com](https://www.reportharmfulcontent.com).

#### ENCOURAGE POSITIVE ACTION

Focus on strengthening young people's positive experiences both online and within their local communities. Discuss strategies to reduce negative social media effects, such as time limits, unfollowing certain accounts, or taking breaks from apps. Encourage offline activities such as spending time with friends, visiting local places, and taking part in hobbies that bring them joy, purpose, and connection. Remind them they can seek support with any concerns at any time via [childline.org.uk](https://www.childline.org.uk).

#### Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in media law, online safety, and young people. Her PhD investigates youth understandings of criminal and legal risks in a digital context. She works in schools to provide award-winning education on the criminal, legal, and ethical considerations of rapidly advancing technologies.



See full reference list on our website

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