

NEWSLETTER

FRIDAY 19TH JULY 2024



TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

NURSERY GRADUATION!

On Wednesday children in Great Oak Nursery celebrated their nursery graduation. All family members were invited to a special ceremony where they looked back on some of their fondest memories of nursery. We would like to wish all of our nursery children good luck for their time in Reception at both our school and beyond.



YEAR 2 TRIP!

Year 2 had a lovely time at the Sheffield butterfly house last Friday.



OLYMPIC DAY!

We enjoyed an Olympic Day on Tuesday, children came to school in sportswear and took part in Olympic themed activities



UNIFORM CHANGES SEPTEMBER 2024



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

Monday 8th July 2024

Dear Parent/Guardian

Please see the updated information below regarding school uniform. The changes will come into effect from September.

Uniform	PE Kit
<ul style="list-style-type: none">• White or light blue polo shirt or blouse/shirt• Black or grey school tailored trousers• Black or grey skirt, pinafore or Salwar Kameez• Royal blue sweatshirt with/without school logo• Royal blue cardigan with/without school logo• Black/grey/white plain tights <p style="text-align: center;">Alternative – Summer Uniform</p> <ul style="list-style-type: none">• Black or grey knee length shorts• Blue gingham summer dress	<ul style="list-style-type: none">• Plain white t- shirt• Plain black, navy or grey shorts• Plain black, navy or grey leggings• Plain black, navy or grey joggers• Plain black, navy or grey sweatshirt—without logos• Trainers for outdoor PE <p>All children in Key Stage 2 (Years 3 - 6) can come to school in their PE kit on their allocated days.</p>

Pupils must wear either black school shoes or black trainers (entirely black) for school.

During bad weather, if pupils come to school in wellies or boots, they must bring black school shoes or trainers to change into.

Please note that from September children DO NOT need to wear pumps in school.

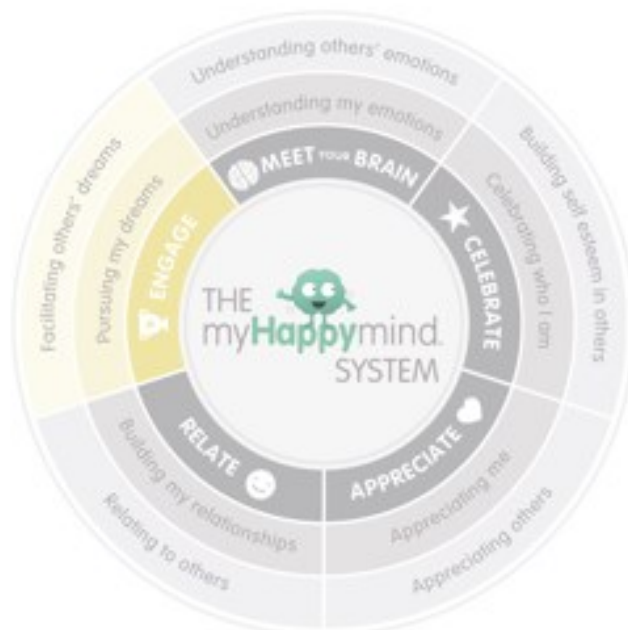
Yours sincerely

Clare Pugh
Headteacher

MYHAPPYMIND—ENGAGE



ENGAGE PARENT NEWSLETTER



MYHAPPYMIND—ENGAGE

Engage

We have just come to the end of our last module in the myHappyMind programme called Engage. The children learned so much through this module including:

- Why it is important to have goals that we are passionate about.
- How to set our own goals.
- That when we feel good, we do good.

Why not ask your children to tell you what they have learnt. Here's some questions to help you:

- What is a Big Dream Goal and what is yours?
- What are the 3 steps to set a goal?
- Do setting Goals help you feel good?

Support your child at home:

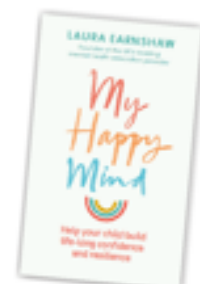
Log onto the parent app for more information about the Engage module and how you can support your child at home.

There are lots of activities you can do together at home including listening to the story and song, plus much more.

To access these materials just go to <https://myhappymind.org/parent-resources> and enter your name, email, and authentication code.

Your authentication code is Type code here.

Want to learn more? Check out our founder Laura Earnshaw's best selling book on



MYHAPPYMIND—ENGAGE

What's up next?

This is the last module in the myHappyMind programme.

We have really enjoyed our learning in school and we hope you have enjoyed continuing the learning at home with your child.

Want to learn more about the science of happiness and wellbeing?

BY LAURA EARNSHAW

My Happy Mind is the first book from our founder Laura Earnshaw. The book reveals all the science-backed secrets used in our curriculum to empower and educate parents - whether your child is struggling already, or you're interested in future proofing their mental health, there's something in here for everyone.

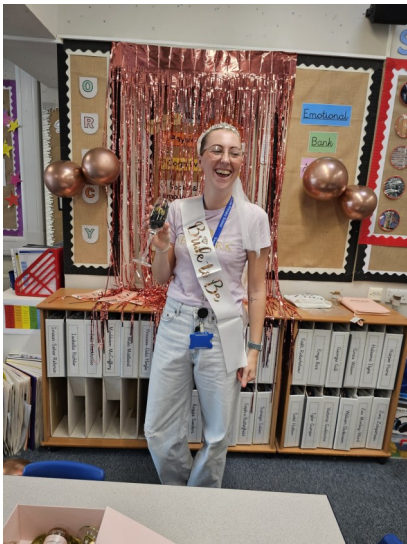


Want to hear more about myHappyMind?

Want to share a picture of your myHappyMind experience as a parent?

We'd love for you to join us over on our social media channels!





CONGRATULATIONS!

Miss Broadbent will be getting married in the Summer holidays! In September, her name will be Mrs Butters (Van Gogh Class—Year 2). We hope you have a wonderful day and we are looking forward to hearing all about it in September.

GOODBYE AND GOOD LUCK!

We would like to say a fond farewell to Miss Atkins and Mrs Gabbutt as they are moving on to pastures new. Thank you for all your hard work and dedication, we will miss you!

From all your colleagues and the children at Swain House Primary School



HAPPY SUMMER HOLIDAYS!

We would like to wish all of our families a happy summer holidays. We hope you have a rested, enjoyable break and we look forward to seeing you back in school at the start of our Autumn term on **Tuesday 3rd September 2024**.



Summer
Discount
Vouchers

yorkshire
attractions.org

Click [here](#) to access the online booklet for discount vouchers that can be used over the summer holidays.

50 THINGS TO DO...BRADFORD!

Click [here](#) to access the 50 Things website for engaging and exciting ways to keep the children entertained over the summer holidays.

50 things to do

Welcome Before You're Five Ages Five to Eleven About Get Involved

Welcome to... Bradford

50 things to do before you're five

50 exciting, open-ended ideas for play for children aged 0-4.
Discover your favourites together!

Get Started

Local Events

Download the Mobile App

50 things to do ages five to eleven

50 engaging and fun activities for play for children aged 5-11.
Discover your favourites together!

Get Started

Local Events

Download the Mobile App

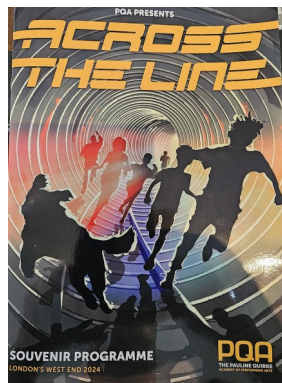
SHARING YOUR NEWS!

We would like to say a huge well done to Cooper in Year 3 who played an excellent game of rugby last weekend and received a special certificate!



Felice in Year 3 received a very special trophy this week as she was named 'Player of the Match' Well done Felice we are very proud of you!

Libby in Year 5 took part in a dance show over the weekend at His Majesty's Theatre in London. The show was called Across the Line which is about two rival tribes coming together to fight voyagers. In the end they all become friends. Libby was in the ensemble.



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!



COMMUNITY NEWS

MINI CAMP

£10 PER DAY

AGES 5-7

**29TH JULY - 16TH AUGUST
MONDAY - FRIDAY**

FOLLOW THE LINK BELOW TO SECURE YOUR SPOT:
www.yacad.co.uk/summer-camp-booking

FUNDED PLACES AVAILABLE
If you are on free school meals or pupil premium you may be eligible. To see if your eligible register through the HAF portal below:
<https://bradford.haf.fun/login>

WRAP AROUND CHILDCARE AVAILABLE

FOR ANY QUERIES CONTACT JESS@YACAD.ORG

**LOCATION: CO-OP ACADEMY PARKLAND,
OLD PARK ROAD, BD10 9BG**















Bolton Woods Centre

FREE for children on FSM

Holiday Club

10-2pm

Forest School

Fun activities

Outdoor play

3 Weeks of fun

Week 1:- 23rd - 26th July
Week 2:- 5th - 9th August
Week 3:- 12th - 16th August

To register visit
<https://bradford.haf.fun/login>

or contact jo:-
07397688773
jo@allstarents.co.uk








Marvellous Makers

Get creative with this year's Summer Reading Challenge

Register at any library within the Bradford District for a Marvellous Makers folder with stickers and incentives to collect. Read 6 books to receive a medal!

WORKSHOPS...

DANCE FOR LIFE
Fun family dance sessions, which are about being inclusive, physically active, and creative. For ages 4 - 12 years.
Thornton Library Thu 25 Jul 11.45am
Shiplay Library Thu 1 Aug 11am
Eccleshill Library Thu 8 Aug 11am
Silsden Library Thu 15 Aug 11am
Manningham Library Thu 22 Aug 11am

DANCE FOR LIFE
Join us every Thu to work on a short dance routine to perform. Suitable for ages 8 - 12.
Keighley Library Every Thu at 2pm
25 Jul - 22 Aug

AUTHOR/ILLUSTRATOR KEV PAYNE!
Join author, illustrator and poet Kev Payne for a fun-filled, interactive poetry and illustration workshop - complete with a ukulele and puppets! Suitable for children aged 4 - 12 years. Booking essential.
Manningham Library Tue 30 Jul 11am
City Library Tue 30 Jul 2.30pm

BRADFORD MUSEUMS & GALLERIES
It's time for Art Adventures! Learn about different looks and styles whilst crafting your own captivating children's book covers. Suitable for children aged 4-12 years.
Manningham Library Thur 25 Jul 10.30am-12.30pm





CREATIVE ARTS SUMMER CAMP

£10 PER DAY

AGES 8-15

COME AND JOIN!

**29TH JULY - 23RD AUGUST
MONDAY - FRIDAY**

HERE'S THE LINK TO BOOK:
www.yacad.co.uk/summer-camp-booking

FUNDED PLACES NOW AVAILABLE
IF YOU ARE ON FREE SCHOOL MEALS OR PUPIL PREMIUM YOU MAY BE ELIGIBLE TO SEE IF YOUR ELIGIBLE REGISTER THROUGH THE HAF PORTAL BELOW:
<https://bradford.haf.fun/login>

ANY HAF ENQUIRIES EMAIL:
JESS@YACAD.ORG

**YACAD STUDIO'S,
ST LUKE'S C OF E
PRIMARY SCHOOL,
FAGLEY LN, BRADFORD, BD2 3NS**

Yorkshire Academy of Creative Arts & Dance








COMMUNITY NEWS



Here for Youth
Bradford District Council

SIGN UP HERE!
[QR Code]

RAVENSCLIFFE YOUTH CENTRE
SUMMER
ACTIVITIES

Starts W/C 29th July

Ages 8-16 YEARS

DJ + RAP WORKSHOPS MULTI SPORTS TRIPS OUT
GRAFFITI ARTS OPEN ACCESS COOK + EAT

More info: Contact Nicky Lannen 07582 102432 / 01274 641772

Made with PosterMyWall.com



MOVING UP
Summer
Camp

FOR YOUNG PEOPLE TRANSITIONING
FROM YEAR 6 TO YEAR 7

10AM - 3PM
TUES + THURS

STARTING TUESDAY 30th JULY AT
RAVENSCLIFFE YOUTH CENTRE, BD10 0LL

Self Esteem Sports Workshops
Creative Arts Hopes & Fears
Trips Out Confidence Building

Please scan the QR code to sign up or
contact Nicky on 07582102432

[QR Code] [QR Code] **Here for Youth**
Bradford Youth Service

Made with PosterMyWall.com



ASPIRE PRO DEVELOPMENT



Goals Bradford FA Qualified Coaches
 24 JUN Saturday Mornings AspireProcoaching@gmail.com
 9:00am till 10:00am @AspireProCoaching
 Ages 5-13 AspireProCoaching



ASPIRE
PRO COACHING ACADEMY

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 **19/07/2024**

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	91.6%	1
Willow	97.7%	0
Kandinsky	95.0%	0
Matisse	87.3%	2
Lowry	95.7%	0
Van Gogh	91.3%	2

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	91.4%	2
Roald Dahl	96.8%	1
JK Rowling	93.5%	6
J Wilson	95.7%	1
Elgar	94.3%	4
Mozart	91.0%	0
Beethoven	96.3%	1
Vivaldi	92.8%	1

Congratulations to **Willow Class, Roald Dahl Class and Beethoven Class** for having the **best attendance** this week.

Well done to **Willow Class, Kandinsky Class, Lowry Class and Mozart Class** for having no lates!

Our whole school attendance this week:

93.6%

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 - 'Worry and Anxiety'
LETTERS:	
MESSAGES VIA PARENTAPPS:	16.07.24 - Bradford City Penalty Shootout 16.07.24 - School Dinner Charges on Parent Pay

NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is all about 'Worry and Anxiety'

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 WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday

The National College

X @wake_up_weds

f /wuw.thenationalcollege

Instagram @wake.up.wednesday

Music @wake.up.weds

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