

# NEWSLETTER

FRIDAY 4TH OCTOBER 2024



TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

## YEAR 5 VISIT TO CHURCH

Year 5 visited St Cuthberts church to look at the Bible Times Exhibition. The exhibition showed us Bibles from different countries, and some of the Bibles were in foreign texts which were very interesting to look at. Some of us acted out characters from some Bible stories.



# ZONES OF REGULATION

## Zones of Regulation Parents' Workshop

Our first Zones of Regulation parents' workshop was very well attended this morning. It was a chance to learn all about Zones, how it is being used in school and how it can support with emotional regulation at home.

Thank you to everyone who came.

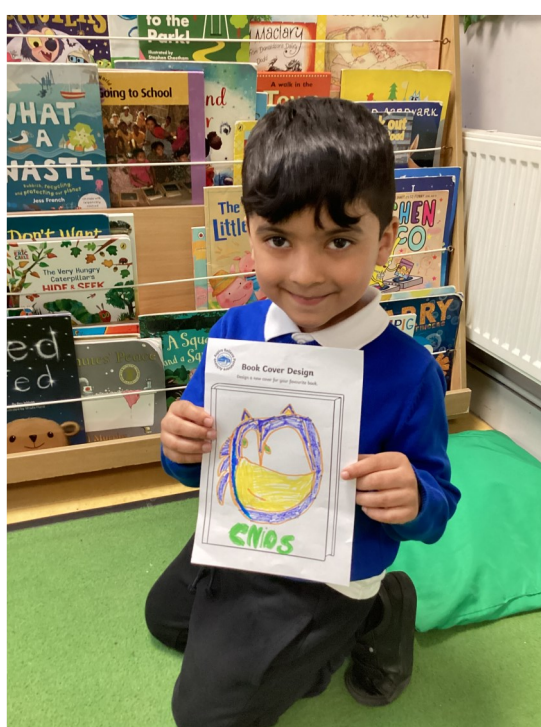
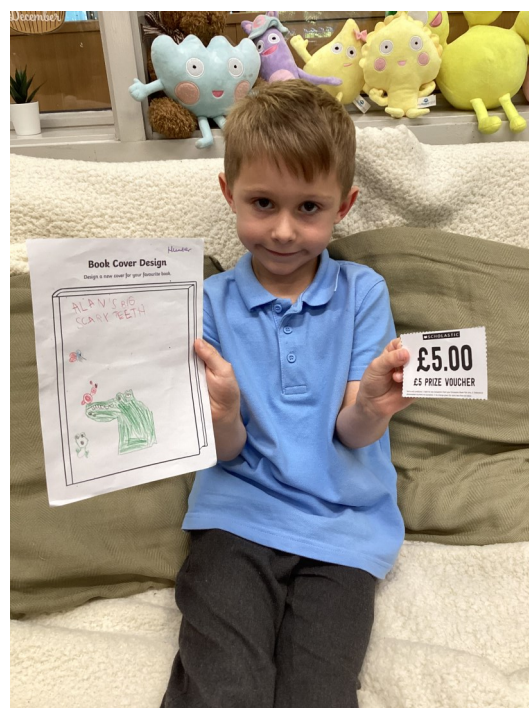
Don't worry if you could not make today's session as we will be repeating the workshop on Friday 11<sup>th</sup> October 2:30-3:00pm so please come along!



# BOOK COMPETITION WINNERS!

We were really impressed with all the entries for our 'Design a book cover competition' and would like to say a big thank you to everyone who entered!

Here are some photos of our competition winners!



# HARVEST DAY

Children can come to school wearing **autumnal colours** and the day will be spent learning about and celebrating Harvest. Parents/guardians are invited to come into school from 2.00pm till 3.00pm to join in with some of our Harvest activities.



This year we will be supporting 'The Bradford Food Bank', a charity which offers food parcels to people in crisis from the Bradford area. They provide three days' nutritionally balanced emergency food and support local people in food crisis. They are part of the Trussell Trusts nationwide network of foodbanks, working to combat poverty and hunger across the UK. Due to a large increase in demand recently they are appealing for food donations to aid their project. We are asking if you would be kind enough to send a contribution of any of the following items, in support of our Harvest celebrations, which will then be collected and used by the Bradford Food Bank





Bradford Council are pleased to announce an exciting new reading adventure at Bradford Libraries. The Secret Book Quest is a brand-new, fun and free reading challenge designed to encourage a lifelong love of reading in children. Every child who signs up will receive a special Secret Book Quest booklet packed full of puzzles, fun facts and activities. There are 10 themed 'zones' for children to travel through including animals, underwater, space and technology. To complete the Quest and win a prize, they must read five books for each zone and collect all the code-stickers along the way – a total of 50 books. Children are presented with a certificate upon reaching the halfway mark (reading 25 books) and again when they complete the challenge (reading 50 books), along with a special finisher's prize. Bradford Libraries will be launching The Secret Book Quest on Saturday 12th October across the district. At 11am on Saturday 12th October, City Library will be joined by a special guest! Writer, storyteller and poet Conrad Burdekin will be providing fun storytelling, a scavenger hunt and creative writing session. This is a FREE event for 5-12 year olds. Contact City Library to book your place.

# WHO TO SPEAK TO IN SCHOOL



## Who to speak to in school

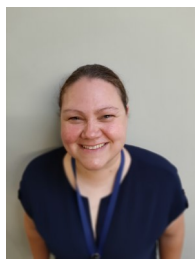
There may be times when you need to speak to a member of staff in school about your child. Please always speak to your child's Class Teacher first. If you need to speak to your child's Phase Leader, their details are below.



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.

# ZONES OF REGULATION



## Zones of Regulation Parents' Workshop

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

**Friday 4th October 8:45-9:15  
or Friday 11th October 2:30-  
3:00pm**

**Delivered by Jo Boden-Hook from the  
SCIL Team**

**Please enter via the Community Entrance**

# 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.

## **The Pocket Elf and the Paint Explosion by Abie Longstaff**

### **Level—Stars**

I am reviewing *The Pocket Elf and the Paint Explosion* by Abie Longstaff. I really enjoyed reading this book because it has a cute, blue elf who is really funny. During the school day the elf hides in his friend's pocket and plays tricks, like tickling her. The funniest part was when the elf made the paint explode! I would definitely tell my friends to read this book.



**Suriaya—Year 3**



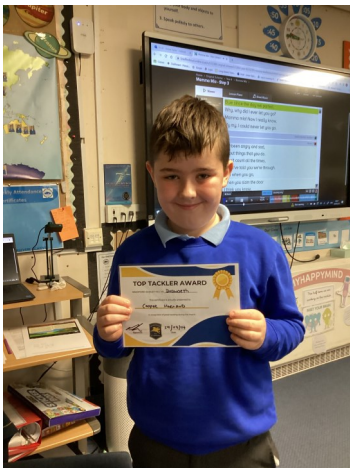
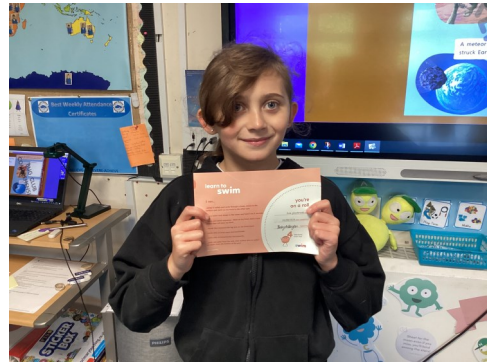


# SHARING YOUR NEWS!



Jorgie in Year 4 was awarded dancer of the month in her first month of dance classes! What a great achievement well done Jorgie

A huge well done to Evie in Year 4. Evie has completed level 4 in her swimming lessons, covering a wide range of skills. What an achievement, we are proud of you!



Cooper in Year 4 has received another certificate from his rugby club. He has been awarded 'Top Tackler' for not being afraid to tackle other players and impressing the coach with his skills. Well done Cooper!

Amelia in Year 4 competed in a gymnastics competition and came second place! She had to learn a routine and perform this in front of judges and an audience.



**CLICK THE ICON TO SEE REGULAR UPDATES  
ON OUR FACEBOOK PAGE!**



# SPOTLIGHT ON SEND

(SPECIAL EDUCATIONAL NEEDS AND DISABILITIES)

Each half-term, I write a section on our school newsletter to keep parents and carers of pupils on the SEND register 'in the loop' about all things SEND related. I highlight support available in school and also resources and workshops available in the local area.

Mrs. White

Assistant Head/SEND.co

Keep updated with all things SEND at Swain House. Click [here](#) or scan the QR code.



## Bradford Local Offer

The Local Offer brings together information for children and young people with special educational needs and disabilities and their families.

<https://localoffer.bradford.gov.uk/>



HELP AND  
INFORMATION  
FOR FAMILIES  
WITH SPECIAL  
NEEDS AND  
DISABILITIES  
BRADFORD AND DISTRICT  
LOCAL OFFER

LO

## Bradford Local Offer

The SEND Local Offer website provides valuable information and resources for parents and carers. There is a useful list of support groups available in the local area. Click [here](#) to see the support group list.

In their monthly newsletter you will find out about the latest useful SEND news, information, stories, upcoming events, consultations, holiday activities and much more inside every issue. Sign up for the newsletter [here](#).

If you missed today's Zones of Regulation Parents' Workshop, don't worry!

Come along to our next workshop on **Friday 11th October 2:30-3:00pm.**

THE **ZONES** OF REGULATION

## World Mental Health Day - 10th October 2023

Every year, World Mental Health Day is celebrated on 10th October. World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

It's also a chance to talk about mental health, how we need to look after it, and how important it is to get help if you are struggling.

Please click the images below to access information and resources to support mental health.



## Speech and Language

We are aware of the waiting lists for speech and language sessions via the NHS.

Please [click here](#) to access NHS resources to support your child at home.

If you are concerned about your child's communication skills, you can refer them for support using this link - [Click here](#)

# 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 **04/10/24**.

### Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	91.3%	3
Willow	97.9%	4
Kandinsky	95.7%	1
Matisse	100%	2
Lowry	98.3%	3
Van Gogh	95.1%	5

### Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	98.0%	2
Roald Dahl	98.1%	6
JK Rowling	98.8%	1
Michael Morpurgo	98.3%	2
Elgar	95.0%	5
Mozart	91.6%	7
Beethoven	92.3%	2
Vivaldi	96.7%	3

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

Our whole school attendance this week:

**96.3%**

## 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 'Social pressures linked to influencers'.
LETTERS:	30.09.24 - Year 1 Phonics Meeting 03.10.24 - Year 6 Residential Assembly
MESSAGES VIA PARENTAPPS:	04.10.24 - Parents Evening Reminder

# 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**

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# MYHAPPYMIND

**We are proud to announce  
that we are a myHappyMind  
Bronze Accredited school!**

This means we have demonstrated our  
commitment to building a wellbeing culture for  
our entire school community.



# 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](mailto:Reception@swainhouse.bradford.sch.uk)

# COMMUNITY NEWS

## FREE Sim Card

Cost of Living Crisis  
Support and Resources



Active Minds CIC in Partnership with Vodafone are offering free Sim Cards to those on a low income or those with no internet

FREE  
Sim Card



FREE  
Unlimited  
Minutes

FREE  
Unlimited  
Texts

FREE  
DATA



For further information contact  
Active Minds CIC  
Thornbury Centre  
79 Leeds Old Road  
T: 07900176070

LIKE AND FOLLOW US  
@GOWILDOUTDOORS

**DATES**  
FROM 28TH OCTOBER  
UNTIL 1ST NOVEMBER  
CALVERLEY COFE PRIMARY SCHOOL  
10-4PM

**GO WILD OUTDOORS**

OCTOBER HALF TERM 2024  
FOREST HOLIDAY CAMP

**OUR FUN ACTIVITIES INCLUDE**

- OUTDOOR PLAY
- DEN BUILDING
- WOODLAND CRAFTS
- SURVIVAL SKILLS
- WHITTLING
- SOFT AXE THROWING
- CAMPFIRE TREATS
- SOFT ARCHERY

+ MANY MORE !

ALL CHILDREN 4+ IN RECEPTION (24/25) ACROSS THE DISTRICT ARE WELCOME TO JOIN (NOT SUITABLE FOR NURSERY AGES)

WRAPAROUND CARE + INDOOR FACILITIES AVAILABLE

**£25 PER CHILD +**  
**MULTIPLE DISCOUNT DAYS**

BOOK YOUR CHILD'S PLACES VIA-  
[WWW.GOWILDOUTDOORS.CO.UK](http://WWW.GOWILDOUTDOORS.CO.UK)

FSA Forest School Provider

## MINDFULNESS & WELLBEING

### VENUE

Active Minds CIC  
Thornbury Centre  
79 Leeds Old Rd  
Bradford BD3 8Jx

### Do you want to .....

- Improve your health & wellbeing
- Make new friends
- Build confidence & self esteem
- Learn new skills
- Improve healthy eating
- Join in fun activities: walking, swimming, zumba, arts & craft.....& much more

LADIES ONLY

Every Tuesday 10am

For Further Information & registration contact Ashi

T: 07900176070

E: [activeminds@gmx.co.uk](mailto:activeminds@gmx.co.uk)



ACTIVE MINDS

CP5 Community Partnership

Bradford District and Craven Health and Care Partnership





# COMMUNITY NEWS

## WOMEN & GIRLS NETWORK



- Workshops
- DV Advice & Guidance
- Peer Support Group
- Health & Wellbeing Activities
- Meet New People - Make Friends
- Gain Experience & Learn New Skills
- Create Opportunities

Register  
now

*Transforming the lives of vulnerable disadvantaged  
and under represented women and girls*

Thursday 10am

For Further Information

Contact :07900 176070

activeminds@gmx.co.uk

Active Minds CIC  
Courage Programme  
Thornbury Centre  
79 Leeds Old Road  
Bradford BD3 8JX



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



Please click the link to access NHS information, advice, and strategies to support children with speech, language, and communication needs.

<https://www.bdct.nhs.uk/services/childrens-speech-and-language-therapy/>



# 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
Tuesday	08.10.24	3.15pm - 6.10pm	Parents Evening
Friday	11.10.24	2.30pm - 3.00pm	Zones of Regulation Parents Workshop
Friday	18.10.24		Harvest Day
Thursday	24.10.24	5.00pm - 6.30pm	Halloween Disco

# 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!



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 07/10/24

WEEK 3

# MENU

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



**MON**

## Choose from...

- 1 Minestrone Cheese & Onion Pie w/
- 2 Zucchini Soup
- 3 Jacket Potatoes w/ Ch Cheese & Tuna
- 4 Jacket Potatoes w/ Ch Cheese
- 5 Cheddar & Minceworts Hot Baguette



- 1 Roast Potatoes
- 2 Beans and Vegetables, Assorted Individual Salads

## Desserts...

- 1 Fried Fish
- 2 Freshly Prepared Fruit

**TUE**

## Choose from...

- 1 Meat Lasagne
- 2 Hot & Cold Bolognaise
- 3 Arablato Pie w/
- 4 Cheddar & Minceworts Hot Baguette
- 5 Jacket Potatoes w/ Ch Cheese & Tuna

- 1 Hot & Cold
- 2 Roasted Vegetables, Assorted Individual Salads

## Desserts...

- 1 Biscuits, Mincew
- 2 Freshly Prepared Fruit

**WED**

## Choose from...

- 1 Roasted Salmon
- 2 Hot & Cold Cottage Pie
- 3 Cheese & Potato Pie
- 4 Cheddar & Minceworts Hot Baguette
- 5 Jacket Potatoes w/ Ch Cheese & Tuna

- 1 Creamed Potatoes, Yorkshire Pudding
- 2 Beans and Vegetables, Assorted Individual Salads

## Desserts...

- 1 Sticky Sponge
- 2 Freshly Prepared Fruit

**THUR**

## Choose from...

- 1 Cheese & Tomato Pie
- 2 Assorted Sandwiches

- 1 Jacket Potato Wedges
- 2 Roast Beets, Assorted Individual Salads

## Desserts...

- 1 Fruit of the Day Cream Tarts
- 2 Freshly Prepared Fruit

**FRI**

## Choose from...

- 1 Fish Fingers
- 2 Vegetable Pilav
- 3 Cheddar & Minceworts Hot Baguette
- 4 Jacket Potatoes w/ Ch Cheese & Tuna

- 1 Chips
- 2 Beans and Vegetables, Assorted Individual Salads

## Desserts...

- 1 Chocolate Sponge
- 2 Freshly Prepared Fruit

Suitable for...



# NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is about 'Social pressures linked to influencers'.

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

 **Social media influencers are people who have established credibility in a specific industry and have the power to influence other people's decisions. Most commonly associated with YouTube and Instagram, 'influencers' will usually have a large number of followers and be viewed as authentic by their audience. It is for this reason that many influencers are often paid by big companies to promote their products in the hope of persuading their followers to purchase those goods.** 



## What parents need to know about SOCIAL PRESSURES LINKED TO 'INFLUENCERS'



### AN UNREALISTIC PERCEPTION OF BODY IMAGE

Some of the most popular social media influencers often depict themselves as having the 'perfect' body and are paid to promote items such as health supplements or swimwear, which young people believe can help them achieve the same look. What is not always realised is that these images can be edited or filtered and aren't always a true-life representation. Your child may feel like this is what they need to look like and in some cases, become obsessed with their body image, which could contribute towards a lower self-esteem or even becoming depressed if they can't achieve the same look.



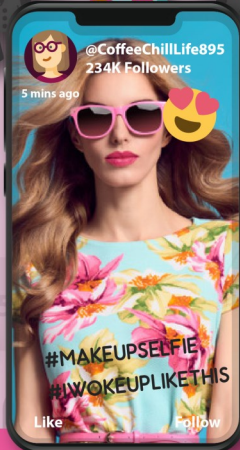
### BECOMING UNREALISTIC ROLE MODELS

As children become more and more involved on social media and identify with their favourite people are to follow, they may come to see social media influencers as role models, particularly if they are attracted by the lifestyle they see online. This could lead them into developing potentially unrealistic expectations of life and in some cases, using their role models as an escape from reality, particularly if they feel like they're own life isn't very fulfilling.



### ENCOURAGING BAD HABITS

Although many social media influencers will get paid to advertise brands and their products, they will also post their own material online too, usually depicting their daily life or an activity for example. This may have both desirable and undesirable consequences, with influencers able to inspire both good habits, such as healthy eating, exercise or kindness. However it may also encourage children to adopt bad habits, such as drinking, smoking, swearing or even criminal behaviour, particularly if these are seen to be endorsed by the influencer.



### THE NEED TO HAVE EVERYTHING

Many social media influencers will take photos or videos of themselves wearing the latest fashion or jewellery which companies want them to promote. They may also be provided with the latest gadgets to promote or, if they are children, toys to play with in order to persuade their followers to purchase them. Many children will be keen to buy these items in order to keep up with the latest trends however if they get left behind, they could be made to feel inadequate or inferior by other children who do have them.



### AUTHENTICITY OF ENDORSEMENTS

Social media influencers hold a lot of persuasion with their audience and are often looked up to by younger followers. Many children will see them as credible, authentic and trust what they see online. However, some influencers may not always believe in the product they are promoting and therefore can mislead their followers, abusing their level of confidence in them. Your child may therefore find themselves looking up to people who are disingenuous or who feign interest in activities that they themselves do not actually care about.



## Safety Tips for Parents

### FOLLOW WHO THEY FOLLOW

A good way to see first-hand who may be influencing your child is to create your own social media account and follow the same people they do. This will give you a strong indication of what is shaping how your child behaves, what they like and what they are taking an interest in.



### TALK ABOUT ROLE MODELS

Role models can play an important part of your child's life, particularly outside of the home. Talk to your child about who they look up to and why. Remind them that not everybody online is who they seem to be and if you do have concerns that your child is being negatively influenced, work with them in finding more positive alternatives.

### BUILD THEIR SELF-ESTEEM

It's important that your child is aware of how unrealistic perceptions of life can be depicted on social media and that it is easy to be deceived. Discuss with your child how images can be heavily edited, cropped or manipulated to create artificial scenarios and that often the lifestyle that people display on social media isn't always realistic or in fact the truth.



### DISCUSS REALISTIC VS UNREALISTIC EXPECTATIONS

If you notice your child has suddenly taken a strong interest in the way they look, or you find they are a lot more body conscious, then it's a good idea to speak to them about why they feel that way. If they seem unhappy, try to build their self-esteem by talking to them and listening to their concerns, helping to build their confidence through praise and positivity. Remind them that looks aren't everything and not everything they see online is actually a true depiction of real life.



### ENCOURAGE INDEPENDENT THINKING

Social media influencers can be quite powerful individuals who hold a lot of persuasive power so it's important to encourage your child to think independently about everything they see and engage with online. Talk to them about the dangers of blindly following others and in keeping an open mind when viewing content. Teach them to always question people's motives online, especially when they see individuals are promoting a brand or product which they are likely to have been paid to advertise but may not necessarily personally endorse.



### Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.

