

# NEWSLETTER

FRIDAY 29TH SEPTEMBER 2023



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WWW.SWAINHOUSE.CO.UK

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ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

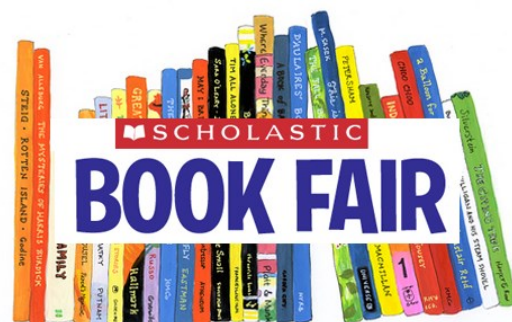
## Y5 TRIP TO BRADFORD CITY!

Year 5 had a wonderful trip to Bradford City Football club at Valley Parade. They were able to see the memorial remembering those that lost their lives in the Bradford City fire and then had a behind the scenes tour of the stadium.



# SCHOLASTIC BOOK FAIR!

Our Scholastic Book Fair is back in school soon! You can visit the book fair after school each day, until 3.30pm. The book fair arrives on 2nd October and finishes on 5th October. Please visit the book fair and help us to purchase new books for the school library.



## Y2 RE VISITOR!

Today, Year 2 has an RE visitor who told us all about how baptisms take place in church. We learnt about the special ceremony and how and why a font is used. We also found out how water is turned into holy water.





# MACMILLAN COFFEE MORNING

On Thursday 6th October, we will be hosting a MacMillan coffee morning in the small hall. Please come along and enjoy a hot beverage and a snack.



## SCHOOL COUNCIL VOTING!

This week, children in Year 2 - Year 6 voted for this years school councillors. The votes are currently being counted and verified before the successful candidates are announced next week!



## SCHOOL DINNERS

As of 30th October 2023 school dinners will be £2.20.

# PARENTAL ENGAGEMENT

Last year, we developed our parental engagement strategies by inviting our families and parents into school for various different events including: class assemblies, craft workshops, stay-and-play sessions etc. We would really appreciate some feedback from our parents on how they thought this went and if there are any ways that we can improve it this year.

Please click or scan the QR Code to complete our short questionnaire.



## READING PLANET REVIEWS!

Following the successful introduction of our new 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.

### ***After by Morris Gleitzman***

*This book is set during World War Two and is based around a Jewish family, who are having to hide in an underground bunker. They are being chased by the Nazis and are having to remain almost silent to remain undetected. I would recommend this book to my friends because it is really interesting to find out how people had to live during the war.*

**Thomas, Year 6**



### ***Kasia's Surprise by Stella Gurney***

*The book I am reviewing is called Kasia's Surprise by Stella Gurney. It is a fiction book. The book is about a girl called Kasia who gets a surprise, her grandma and grandad come to visit. I love reading the book and always want to keep reading to find out what happens next! I would recommend this book to my friends.*

**Amelia, Year 3**

**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 **29/09/23**.

### Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	95.7%	2
Willow	95.3%	1
Kandinsky	89.4%	1
Matisse	95.0%	3
Lowry	97.9%	1
Van Gogh	99.7%	3

### Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	97.9%	1
Roald Dahl	97.5%	0
JK Rowling	95.2%	1
J Wilson	97.2%	0
Elgar	95.7%	2
Mozart	93.4%	0
Beethoven	93.2%	0
Vivaldi	95.0%	0

Congratulations to **Lowry Class, Van Gogh Class, Anne Fine Class, Roald Dahl Class and Jacqueline Wilson Class** for having the **best attendance** this week.

Well done to **Roald Dahl Class, Jacqueline Wilson Class, Mozart Class, Beethoven Class and Vivaldi Class** for having **no lates** this week!

Our whole school attendance this week:

**95.5%**

## 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 - The Dangers of Vaping
LETTERS:	27.09.23 - Harvest Day 28.09.23 - Flu Immunisation Programme
MESSAGES VIA PARENTAPPS:	27.09.23 - Dangerous Parking and Driving 28.09.23 - Parents Evening Reminder Tuesday 3rd October 2023 29.09.23 - Parent Drop in Session 29.09.23 - Year 5 Homework 29.09.23 - Year 6 Homework



# MENU 02/10/23

## Swain House Primary School

Week  
Commencing

17th Apr, 8th May, 19th Jun,  
10th Jul, 11th Sep, 2nd Oct

## MENU Week 1

MON

### Choose from...

- ① Ravioli Hotpot
- ② Vegetarian Chilli & Nachos
- Garlic Bread, Freshly Prepared White Bread
- Sweetcorn, Assorted Individual Salads

Assorted Jacket Potatoes, Panini

### Desserts...

- ① Strawberry Ice Cream Tub & Strawberry Sauce
- ② Freshly Prepared Fruit

TUE

### Choose from...

- Katsu Chicken Curry
- ① Halal Chicken & Spinach
- ② Japanese Style Veg Rice
- Pilau Rice, Naan Bread, Freshly Prepared White Bread
- Assorted Individual Salads

Assorted Jacket Potatoes, Panini

### Desserts...

- ① Volcano Buns
- ② Freshly Prepared Fruit

WED

### Choose from...

- Braised Sausage
- ① Halal Chicken Roll
- ② Braised Quorn Sausage
- Creamed Potatoes, Yorkshire Pudding, Freshly Prepared White Bread
- Seasonal Vegetables

Assorted Jacket Potatoes, Panini

### Desserts...

- ① Syrup Sponge
- ② Freshly Prepared Fruit

THUR

### Choose from...

- ① Cheese & Tomato Pizza
- Chips
- Assorted Individual Salads, Coleslaw

Assorted Jacket Potatoes

### Desserts...

- ① Pinwheel Biscuit
- ② Freshly Prepared Fruit

FRI

### Choose from...

- Fish Fingers
- ① Southern Fried Quorn Burger
- New Potatoes, Freshly Prepared White Bread
- Sweetcorn, Assorted Individual Salads

Assorted Jacket Potatoes, Panini

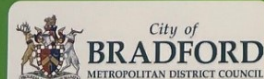
### Desserts...

- ① Chocolate Sponge
- ② Freshly Prepared Fruit

Suitable for



A selection of additional options e.g. sandwiches, jackets etc. will be available each day



For full allergen & nutritional information  
go to the FM School Meals App:  
<https://schoolmeals.bradford.gov.uk>

# REMINDERS

## BREAKFAST CLUB

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

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

## AFTER SCHOOL CLUB

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

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

## EXTRA CLUB

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

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

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

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

## DIARY DATES

ANY NEWLY ADDED ITEMS WILL BE IN BLUE

DAY	DATE	TIME	EVENT
Tuesday	03/10/23	3.15pm - 6.10pm	Parents' Evening
Thursday	05/10/23	3.15pm	Parent Drop-In
Monday -- Friday	02/10/23 - 06/10/23	3.15pm - 3.30pm	Book Fair
Friday	06/10/23	9.00am	Coffee Morning

# COMING UP THIS HALF TERM

## ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	11/10/23	2.30pm	Y3 Roald Dahl Assembly
Thursday	02/11/23	2.30pm	Y6 Vivaldi Assembly
Thursday	09/11/23	2.30pm	Y4 Diwali Assembly
Thursday	15/11/23	2.30pm	Y5 Ingleborough Assembly
Thursday	23/11/23	2.30pm	Y6 Beethoven Assembly
Thursday	07/12/23	2.30pm	Y4 Hanukkah Assembly

## HARVEST DAY

On Friday 13th October, we will be having a Harvest Day. Parents and carers are invited into school between 2pm and 3pm to spend time with their children in their classrooms to complete some Harvest craft activities.





# COMMUNITY NEWS

## AWARE

Registered Charity 1172753



2 Royd House Way  
Long Lee  
Keighley  
West Yorkshire, BD21 4TY  
Tel. 01535 661275

Dear Sir/Madam,

**AWARE (Airedale and Wharfedale Autism Resource) Parent Information Event Tuesday 7<sup>th</sup> November 2023 at 9.30 until 11.30 am via Zoom**

As parents of autistic children and young people, the AWARE team really want to help and support you and your family on your journey, whether your child/young person has just received a diagnosis, has recently been added to the pathway for an autism assessment, is struggling to get a diagnosis or has received a diagnosis of autistic traits or another condition. One of the first things our families want to know is: where do I start?

We shall be hosting our next PIE (Parent Information Event) via the Zoom platform, online, on Tuesday 7<sup>th</sup> November 2023 between 9.30 and 11.30 am.

We have previously held these free events at venues within the centre of Bradford and in Bingley/Keighley for newly diagnosed families. We are intending to host this event online for the ninth time, opening up the PIE to include ANY families who may still be on the autism assessment pathway as well as those whose child/young person has recently received a diagnosis of autism.

We are hoping that the PIE will be a "one stop shop" for all information relating to services available within the Bradford district, to help families on their autism journey where families can find out what support is available within the Bradford and Airedale area. We will talk about AWARE and the services we provide as well as having professionals attend from a variety of services including Social, Communication, Interaction and Learning Team 0-25 Specialist Teaching and Support Services (SCIL - Bradford Education), Social Care and other support groups to provide information about the services they provide for the families. This information will be presented by video to the families attending, with an opportunity to talk to the services in breakout rooms after. The families will also be able to sign up to training courses available.

Places MUST be booked in advance for this event and will be limited. If you or a family you are working with would like to attend, please ask them to email Nikki Pickles at [nikipicklesaware@gmail.com](mailto:nikipicklesaware@gmail.com). We will then send further information and full instructions as to how to join the session.

**The deadline for applications for this session is Friday 13<sup>th</sup> October 2023**

Looking forward to hearing from you!

**Nikki**

Nikki Pickles  
Family Support Coordinator  
AWARE



KICKSTART  
SWIMMING  
ACADEMY

[kickstartswimmingacademy@gmail.com](mailto:kickstartswimmingacademy@gmail.com)  
Kickstart Swimming Academy  
St Joseph's Catholic College BD8 7AP

# SEN SWIMMING LESSONS

£10 per Lesson

**Quieter times**  
Saturday 4-6pm  
30 minute lessons

**Qualified teachers of all Disabilities**  
STA Level 2  
Maximum 4 to a class

**Contact**  
Anna: 07494850284  
Arianne: 07561429567  
Via WhatsApp



*For children and young people aged 9 - 19 who just love to sing!*

**AUDITIONS  
AUTUMN  
2023**



• • • AUDITION VENUES THROUGHOUT GREAT BRITAIN • • •

### JUNIOR CHOIRS

Treble choirs for boys and girls aged 9 - 15

### SENIOR CHOIR

An SATB choir for children year 11+ and boys with changed voices

**2 residential courses per year • Bursaries available**

For further information please go to: [www.nccgb.com](http://www.nccgb.com)  
Email: [info@nccgb.com](mailto:info@nccgb.com) or call: 07894 021279



NCCGB



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Charity number: 1092202



# NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is about The Dangers of Vaping.

This guide focuses on one of many issues which we believe raised doubts about the safety of e-cigarettes. Please visit [www.nationalonline-safety.co.uk](https://www.nationalonline-safety.co.uk) for further information and resources.

## What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

### WHAT ARE THE RISKS?

#### NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

#### WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be **disposable** (once the liquid or battery runs out, the vape is thrown away) or **rechargeable** (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

#### LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

#### POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

#### UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

#### ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

#### ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

#### WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

#### UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

#### SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

#### VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

### Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.

Source: <https://www.bbc.co.uk/news/health-65809924>

**catch your breath**

**HEALTHY SCHOOLS**  
CAMBRIDGESHIRE & PETERBOROUGH

**The National College**

[www.thenationalcollege.co.uk](https://www.thenationalcollege.co.uk) @thenatcollege /thenationalcollege