

NEWSLETTER

FRIDAY 13TH MARCH 2026



TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

BRITISH SCIENCE WEEK 2026!

This week, we have celebrated British Science Week. The theme for this year is 'Curiosity' and we started the week with an exciting assembly led by Mrs. Butters. We found out what everyone would be learning about this week and watched some live experiments. We have also been doing lots of science-related activities to celebrate. Take a look at what we've been up to below.



CHICKS!

Reception have loved having the chicks in their classroom over the last two weeks. They arrived as eggs and we were so lucky to watch them hatch and grow. We have taken very good care of them!



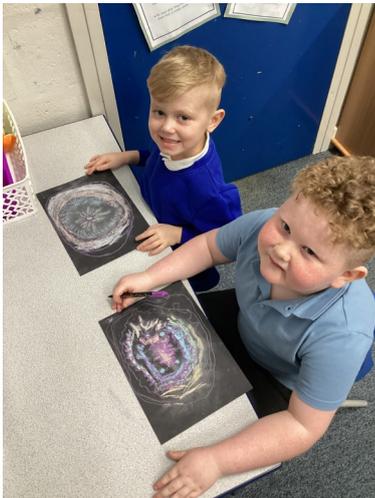
CHOCOLATE DONATIONS THANKS!

We would like to say a huge thank you for all the chocolate donations we have received today!
Without them our Easter Chocolate Raffle wouldn't be possible!



KANDINSKY CLASS ASSEMBLY!

Kandinsky class did a great job sharing their learning in their special Holi assembly yesterday.



BIG WALK AND WHEEL



The poster features a central logo for 'BIG WALK AND WHEEL' with the dates '16 - 27 March 2026'. The logo is surrounded by various colorful icons representing different activities: a balloon, a lightbulb, a speech bubble, a cloud, a leaf, a hand holding a heart, a globe, a person on a skateboard, a person on a bicycle, a person in a wheelchair, a person on a scooter, a person on a tandem bicycle, an apple, and a person walking. The text is arranged in a clear, readable layout with a mix of bold and italicized fonts.

BIG WALK AND WHEEL
16 - 27 March 2026

WalkWheel CycleTrust Headline sponsor **SCHWALBE** ➔

We're taking part in the Big Walk and Wheel 2026 challenge.

Join in by walking, wheeling, scooting or cycling to school between 16 - 27 March.

- ✓ Be active and feel more energised
- ✓ Help the environment by replacing a car journey
- ✓ Help us win some fantastic prizes

www.BigWalkAndWheel.org.uk

Headline sponsor: **SCHWALBE** ➔

Walk Wheel CycleTrust

Walk Wheel Cycle Trust is a registered Charity in England and Wales (126550), Scotland (SC037261) and Republic of Ireland (20206624)
© Walk Wheel Cycle Trust 2026

#BigWalkandWheel is back! From **16 - 27 March 2026**, we're encouraging families to get active by walking, wheeling, scooting, or cycling to school. It's a fun way to boost health and wellbeing for everyone!

EASTER CRAFT SESSIONS!



Easter Craft Sessions

<u>Class</u>	<u>Date</u>	<u>Time</u>
Little Acorns Nursery	Tuesday 24 th March 2026	10.15am – 11.00am 2.00pm – 2.45pm
Great Oak Nursery	Tuesday 24 th March 2026	10.15am – 11.00am 2.00pm – 2.45pm
Reception	Tuesday 24 th March 2026	9.00am – 9.45am 2.00pm – 2.45pm
Year 1	Wednesday 25 th March 2026	2.00pm – 2.45pm
Year 2	Wednesday 25 th March 2026	2.00pm – 2.45pm
Year 3	Wednesday 18 th March 2026	2.00pm – 2.45pm
Year 4	Wednesday 18 th March 2026	2.00pm – 2.45pm
Year 5	Wednesday 25 th March 2026	2.00pm – 2.45pm
Year 6	Wednesday 25 th 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
Website: 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 26th 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 25th 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 13th March 2026**.

If you have any last minute chocolate donations, the last day for these to be brought to school will be **Monday 23rd 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

BRITISH SIGN LANGUAGE WEEK!



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

Wednesday 11th March 2026

Dear Parent/Guardian

British Sign Language Week is run by the British Deaf Association (BDA) and will be taking place this year from 16–22 March with the theme "United in Sign". British Sign Language Week celebrates BSL, Irish Sign Language (ISL), and Deaf culture, marking the 2003 recognition of BSL by the UK Government.

Swain House Primary School will be celebrating British Sign Language Week in school from Monday 16th March. Children are invited to wear blue and/or yellow on Monday 16th March, alongside as many blue/yellow accessories as they like, which are the colours from the sign language flag.

If you would like to help support The British Deaf Association, then please send 50p with your child on Monday 16th March.

Yours sincerely

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

Clare Pugh
Headteacher



RED NOSE DAY!



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

Friday 13th March 2026

Dear Parent/Guardian

Red Nose Day

Red Nose Day 2026 takes place on Friday 20th March 2026. To try and raise as much money as we can for this charity, we will be fundraising in the following ways:

- **Wear Something Red** – pay £1.00 and come to school in something red, comic relief themed or non- uniform on **Friday 20th March 2026**.
- **Bun Sale** – There will be a bun sale at morning playtime. We are asking for donations of biscuits and buns on the day so that we can sell these to pupils at playtime for 25p (max 50p per child). Please send your contributions for the bun sale with your child on **Friday 20th March 2026**.
- **Red Noses** – These will be on sale (£2.00 each) from the main office from **Monday 16th March 2026** – get one before they all go! Please note the Red Noses are only suitable for ages 3+. Please handle with care.

We hope as many pupils as possible take part in the above events and that we will raise huge amounts of money for Comic Relief having lots of fun along the way.

Yours sincerely

Mrs Clare Pugh
Headteacher



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 **13.03.26**.

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	95.3%	1
Willow	93.7%	1
Kandinsky	90.4%	2
Matisse	98.0%	3
Lowry	93.1%	1
Van Gogh	97.4%	0

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	96.3%	1
Roald Dahl	93.0%	3
JK Rowling	92.0%	3
Michael Morpurgo	94.5%	2
Elgar	98.1%	1
Mozart	90.0%	3
Beethoven	96.2%	6
Vivaldi	96.0%	3

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

Congratulations to **Van Gogh Class** for having **no lates!**

Our whole school attendance this week:

94.6%

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 - 'Wake Up Wednesday' guide from National Online Safety is about 'Streaming Services'.
LETTERS:	10.03.26 - Easter Craft Sessions 11.03.26 - British Sign Language Week 13.03.26 - Comic Relief Day
MESSAGES VIA PARENTAPPS:	11.03.26 - Roald Dahl Class Assembly 13.03.26 - Year 5 Homework

COMMUNITY NEWS

Archery Fun Football
 Active Competitions UV Dodgeball
 Arts Inclusive Laser Tag
 & Crafts Nerf Games



SCAN ME

**MULTI
ACTIVITY
Holiday Club**

Sibling
Discount
Available



Kanga

Throughout the
school holidays

COMING TO A VENUE NEAR YOU

Ages: 4 – 12 years
 Standard Day: 8:30AM – 3:30PM
 Extended Day: 8:00AM – 5:00PM for a small charge
 Price: £25 per day OR full week discount

 kangasportsuk
  kangasports
  kangasports

BOOK HERE
kangasports.co.uk/holidayclubs

Keeping children active & entertained in the school holidays

Creating a love of sport that lasts a lifetime




Book Now
kangasports.co.uk/holidayclubs

FUN FRIDAYS!
 Each week will bring a different fun activity

Why choose Kanga Holiday Clubs?

- ✓ Passionate, experienced DBS checked and first aid trained staff, who work in local schools during term time
- ✓ Safe, supportive environment
- ✓ Active kids = happy kids!
- ✓ Great value for families
- ✓ Minimum 300 minutes a day of physical activity

Ways to save

- ✓ Sibling discount: 10% off any additional siblings and full week booking discount
- ✓ Check your eligibility for government schemes like tax-free childcare accounts, vouchers, universal credit payback and similar schemes at beststartinlife.gov.uk
- ✓ Loyalty offers

What to bring
 Children only need weather appropriate clothes, a packed lunch, snack and water bottle.

Kanga will take care of the fun!

 office@kangasports.co.uk
 07526 600793

 kangasportsuk
  kangasports
  kangasports



SCAN ME





COMMUNITY NEWS



**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!



COMMUNITY NEWS



Yorkshire Academy of Creative Arts & Dance (YACAD)
Co-op Academy Parkland
Old Park Road
Bradford
BD10 9BG
Jess@yacad.org
01274 020263

RE: Easter Children's Activities

Dear Parent/Guardian,

This year, we are delighted to announce that for a fifth year running, we are delivering an Easter creative arts camp for children and young people and your child may be eligible. To see if you're eligible for a FREE HAF funded place, please register at <https://bradford.haf.fun/login>. The dates for this year's Easter Creative Arts camp are Monday 30th March to Thursday 2nd April 2026 from 10.00am-3.00pm and includes lunch.

Once you are registered on the Bradford HAF portal, you will need to register your child to a club. Please choose **YACAD - Parkland Creative Arts Camp**. Once registered, a member of our team will be in touch regarding the next step.

All children and young people attending the camp must hold a valid membership with us. The cost is £10.00 per annual and is valid from March 2026- April 2027. You can pay for this via our website and complete our membership form either before or on the first day of camp www.yacad.co.uk/book-now.

**If your child is aged 5-7 they will join mini Camp, children aged 8+ will join our main camp.*

BOOK NOW: Limited spaces available, these will be allocated on a first come first serve basis.

Got a question? If you have any enquiries, please contact Jess@yacad.org

Kind Regards,

Jessica Leeming

Programme Development Manager



COMMUNITY NEWS

Bradford Libraries – Culture Nature Project



Signs of Spring Treasure Hunt
Saturday 14th March 1pm–3pm

BOOKING REQUIRED

Limited Spaces Available

Book via or scan QR code:

<https://www.ticketsource.co.uk/bradfordlibraries/t-njjvyjq>



We will be meeting at
Bracken Hall Countryside Centre
(ShIPLEY GLEN)

Join us for a family-friendly adventure as we explore
ShIPLEY GLEN in search of the first
signs of spring!

Then head back to Bracken Hall for
refreshments and enjoy spring-themed
nature arts and crafts...



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.



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	16.03.26		BRITISH SIGN LANGUAGE WEEK - WEAR BLUE/YELLOW - NON UNIFORM DAY
FRIDAY	20.03.26		RED NOSE DAY - WEAR RED - 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 26th March, 3:15 main
hall



MENU 16/03/26

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

Halal Rich & Creamy Meat Lasagne
(Red Tractor Accredited HMC Beef Mince in a rich Tomato Sauce with Herbs & Garlic layered with Pasta Sheets and a Creamy Cheese Sauce, served with Garlic Bread)

Rich & Creamy Meat Lasagne
(Red Tractor Accredited Beef Mince in a rich Tomato Sauce with Herbs & Garlic layered with Pasta Sheets and a Creamy Cheese Sauce, served with Garlic Bread)

Spaghetti Marinara
(A Tomato and mildly spiced Sauce combined into cooked Spaghetti, topped with Cheese)

Assorted Jacket Potatoes /
Hot Sub Roll

Chocolate Sponge & Chocolate Sauce
(Homemade, light Chocolate Sponge, served with Chocolate Sauce)

Chicken Tikka Masala with Pilau Rice / Naan Bread
(Red Tractor Accredited diced Chicken & Chickpeas in a mild Curry Sauce with Pilau Rice or Naan Bread)

Creamy Mac & Cheese
(A Macaroni Pasta dish, coated in a Creamy Mature Cheddar Sauce, served with Crusty Bread)

Assorted Jacket Potatoes /
Hot Sub Roll

Butterfly Buns
(Individual decorated Sponge-based Dessert)

Roast Meat Dinner
(Red Tractor Accredited Meat (either Gammon, Turkey or Pork Loin) served with Yorkshire Pudding, Roasties & Gravy)

Halal Roast Chicken Breast
(Red Tractor Accredited HMC Chicken Breast, served with Yorkshire Pudding, Roast Potatoes & Vegan Gravy)

Toad in the Hole
(Quorn Sausage Baked in a light Batter, served with Roast Potatoes)

Assorted Jacket Potatoes /
Hot Sub Roll

Fruity Flapjack
(A sweet Bar made with Oats, Golden Syrup & Butter with Fruit)

Classic Cheese & Tomato Pizza with Coleslaw & Salad
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)

Arrabiata Pasta
(Chili Tomato Sauce with Lentils and Peppers, served with Pasta & Crusty Bread)

Assorted Jacket Potatoes

Creamy Rice Pudding with Strawberry Jam
(Creamy Milk pudding served with Jam)

MSC Breaded Fish Fillet Fingers
(MSC Fish Fillet Fingers, served with Seasoned Potatoes)

Southern Fried Chicken Goujons & Garlic Mayo
(Red Tractor Accredited pre-fried Breaded Chicken, served with Garlic Mayonnaise & baked Jacket Wedges)

Vegetable Samosa
(Vegetables with a light Spice enclosed in Pastry & Baked, served with Rata)

Assorted Jacket Potatoes /
Hot Sub Roll

Strawberry Sponge & Custard
(Homemade, light Vanilla Chocolate Sponge with a Strawberry Jam swirl, served with Custard)

WEEK 2

Beef & Red Lentil Bolognese & Garlic Bread
(Red Tractor Accredited Beef Mince & Lentils in a Tomato Sauce served with Pasta & Garlic Bread)

Halal Keema Biryani
(Red Tractor Accredited HMC Beef Mince & Peas in a Spicy Pilau Rice)

Pomodoro Pasta
(A simple, delicious rich Tomato Sauce with Beans, served with Garlic Bread)

Assorted Jacket Potatoes /
Hot Sub Roll

Decorated Fruit Jelly
(Jelly with Fruit, topped with Fresh Cream)

Traditional Chicken Pie
(Red Tractor Accredited diced Chicken Pieces in a rich Gravy with Vegetables, topped with a Golden Pasty Lid served with Potatoes)

Golden Cheese Whirl
(Cheese, Potato & Onion encased in Puff Pastry, served with baked Jacket Wedges)

Assorted Jacket Potatoes /
Hot Sub Roll

Vanilla Sponge
(Homemade, light Vanilla Sponge with a hint of Vanilla, served with Custard)

Roast Meat Dinner
(Red Tractor Accredited Meat (either Gammon, Turkey or Pork Loin) served with Yorkshire Pudding, Roasties & Gravy)

Halal Roast Chicken Breast
(Red Tractor Accredited HMC Chicken Breast, served with Yorkshire Pudding, Roast Potatoes & Vegan Gravy)

Hearty Shepherd's Pie
(Soya Mince, Veg and Gravy filling, topped with Mashed Potatoes)

Sprinkle Cake
(Homemade Vanilla Sponge, lightly topped with Water long and Sprinkles)

Classic Cheese & Tomato Pizza with Coleslaw & Salad
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)

Arrabiata Pasta
(Chili Tomato Sauce with Lentils and Peppers, served with Pasta & Crusty Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches

Gallydale Biscuits
(Homemade, cranberry, Cury Raisins)

MSC Battered Fish Fillet
(MSC Battered Fillet of Fish, served with Baked Jacket Wedges)

Vegetable Pakoras
(Mixed Vegetables & Onion coated in Tempura Batter, served with Baked Jacket Wedges & Rata)

Assorted Jacket Potatoes /
Hot Sub Roll

Marble Sponge & Chocolate Sauce
(Homemade Sponge with swirls of both Vanilla & Chocolate Cakes, served with Chocolate Sauce)

WEEK 3

Creamy Chicken Pasta & Crusty Bread
(Red Tractor Accredited diced Chicken in a homemade Creamy Sauce with Garlic, served with Penne Pasta)

Halal Chicken Bhuna
(Red Tractor Accredited HMC Chicken stir-fried and slow cooked in a spicy Shana Masala)

BBQ Quorn Pasta
(Quorn Pieces in a Barbecue flavoured Tomato Sauce, served with Wholemeal Pasta)

Assorted Jacket Potatoes /
Hot Sub Roll

Apple Crumble & Custard
(Stewed Apples topped with Oat Crumble, served with Custard)

Loaded Wedges with a Mild Mexican Chili & topping
(Red Tractor Accredited Beef Mince in a mild, homemade Chili Sauce, served on Baked Jacket Wedges)

Loaded Wedges with a mild Mexican Veg Chili
(Vegan Mince in a mild, homemade Chili Sauce, served on Baked Jacket Wedges with toppings)

Assorted Jacket Potatoes /
Hot Sub Roll

Peaches & Ice Cream with Syrup
(Vanilla Ice Cream with Tinned Peach Slices with a Chocolate flavoured Syrup)

Sausage in Gravy with Yorkshire Pudding
(Red Tractor Accredited Sausage, served with Yorkshire Pudding)

Halal Cottage Pie
(Red Tractor Accredited HMC Beef Mince in a Gravy with Onions, topped with Mashed Potatoes & Cheese served with Yorkshire Pudding & Gravy)

Savoury Mince topped Tatties
(Soya Mince, Vegetables & Potatoes, served with a Yorkshire Pudding)

Assorted Jacket Potatoes /
Hot Sub Roll

Cornflake Tart
(Pastry base with Cornflakes and Syrup, served with Custard)

Classic Cheese & Tomato Pizza with Coleslaw & Salad
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)

Spaghetti Marinara
(A Tomato and mildly spiced Sauce combined into cooked Spaghetti, topped with Cheese)

Assorted Jacket Potatoes /
Selection of Sandwiches

Chocolate Sponge & Chocolate Sauce
(Homemade, light Chocolate Sponge, served with Chocolate Sauce)

MSC Breaded Fish Fillet Fingers
(MSC Fish Fillet Fingers, served with Seasoned Potatoes)

MSC Salmon & Sweet Potato Fishcake
(MSC Salmon & Sweet Potato, served with Seasoned Potatoes)

American Style Quorn Hot Dog
(Quorn Sausage, served in a White Bun with Seasoned Potatoes)

Assorted Jacket Potatoes /
Hot Sub Roll

Chocolate Crispy Crunch
(A sweet bar made from puffed Rice, Cocoa & Syrup)



food quarter

For full allergen
& nutritional
information
head to our app



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL



NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is about 'Streaming Services'.

What Parents & Educators Need to Know about STREAMING SERVICES

WHAT ARE THE RISKS?

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVoD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

COSTLY

Subscription services can be costly. As the main source of entertainment, most households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for ad-free viewing, and better quality and resolution; however, there is a cheaper option with adverts. Due to price increases, Netflix and Disney+ reported a sharp increase in users subscribing to their ad-supported tier in 2025.

NEXT EPISODE

EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4- to 15-year-olds averaged 2.5 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features such as autoplay, makes it easy for children to watch for extended periods of time.

ILLEGAL STREAMING

Sharing passwords or using modified Fire Sticks to access streaming content without permission is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.

BINGE WATCHING

Features such as autoplay make it easy for viewers – especially young people – to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting. With binge watching come a lack of social interaction, lack of physical exercise, and often late nights and sleep disruptions which impact their mental and physical wellbeing.

AGE-INAPPROPRIATE CONTENT

Most streaming platforms allow users to set up a profile for each family member, with the option of putting specific restrictions in place. These include adding a profile lock or PIN, controlling autoplay of previews and next episodes, and limiting content based on age ratings. Nonetheless, these restrictions aren't foolproof. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.

HARMFUL STEREOTYPES

Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This results in your child being in a 'loop' whereby they think the 'recommended' shows would be something they would enjoy rather than thinking critically for themselves. This can shape their beliefs, values, and understanding of the world from a young age without even realising it.

Advice for Parents & Educators

SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PIN. Keep this private. Use the options of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.

TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and base adverts and recommended shows/movies on previous viewing. Encourage them to critically think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.

MONITOR AND TALK OFTEN

Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a little look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay older or graphic content after a child's movie has been played. While some tv shows or movies may have a suitable age rating, your child may still find the content scary, or it may explore themes you don't want to explore with your child yet.

SET TIME RESTRICTIONS

Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as play games. This can increase the amount of time young people spend sitting idly in front of the screen. Some platforms (e.g. Apple TV+) allow you to set screen time restrictions. If the streaming service doesn't allow you to set screen time limits, set a family rule and stick to it.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator, and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government, comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College