

# NEWSLETTER

FRIDAY 3RD MARCH 2023



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ASPIRE

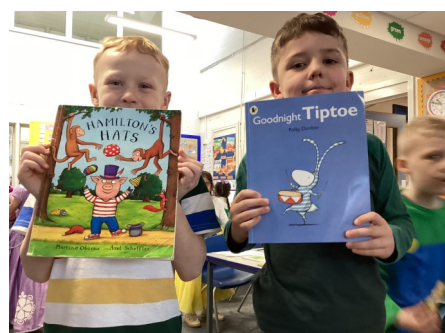
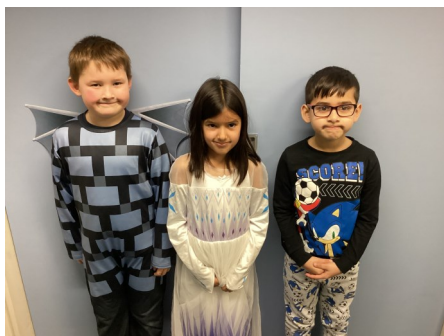
BELIEVE

PERSEVERE

ACHIEVE

## WORLD BOOK DAY!

On Thursday, we celebrated World Book Day! We enjoyed coming to school in either our pyjamas or dressed as our favourite storybook character. Take a look at some of the amazing costumes below.




# COFFEE MORNING!

On Friday 24th February, Mrs Pugh hosted a coffee morning for our parents and carers to attend. We were lucky enough to also have a visit from some local services; the Live Well team and Early Help. Our next coffee morning will be on **Thursday 23rd March 2023** and we look forward to seeing you there!






# JU:MP @ HOME!

Stuck for something to do? Want to play a game with your children and be active? Try out this week's JU:MP @ home activity - Household Circuits!



## HOUSEHOLD CIRCUITS


Can you do all of the activities?



### HOW TO PLAY HOUSEHOLD CIRCUITS


- > **Do each of these x5 times each!**
- > Carry milk bottle to the line, put it down, turn around, pick up the milk bottles and return to the beginning
- > Move the household items one at a time from line to line
- > Sit on the floor, knees bent if possible, and move the bag from side to side
- > Arms in front, looking forward, slowly sit on the chair and stand up again

**SUITABLE FOR:** All ages  
**TAKES:** 20-40 minutes




**YOU WILL NEED:**

- > A milk bottle
- > Household items (like a bag with things in it to use as a weight)
- > A chair



**REMEMBER** This is an activity everyone can get involved in!

**SAFETY...**  
Be sure to find a suitable and safe place to play





# RECEPTION PHONICS WORKSHOP!

On Thursday 2nd March, Elm and Willow class invited their family members into school for a phonics workshop. They played lots of different phonics games and activities and enjoyed spending time with their family members in the classroom.



## SHARING YOUR NEWS!

We would like to say a huge well done to Lily in Year 1. This week, Lily did her first grading in kick boxing and achieved her half yellow belt. She is super proud of herself and so are we!



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!



# SIMON HUNT AUTHOR VISIT!

On Friday 24th February, we were lucky enough to receive a visit from author, Simon Hunt. He shared his story 'Delilah Rose The Bogey Princess' with children in school and also completed some workshops! Children were also lucky enough to receive some signed copies of the story too!



# RESOURCED PROVISION PANTOMIME!

We would like to say a huge well done to the children and staff from our Resourced Provision for their performance of their pantomime 'Cinderfella'. They all did a fantastic job with their acting and dancing and we are so proud of them!



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



## TIMES TABLES ROCK STARS!

This week our Times Tables Rock Stars, Class Stars of the Week are:

CLASS	TT Rock Stars Star of the Week:
Anne Fine	Samantha
Roald Dahl	Lucy
Jacqueline Wilson	Amani
JK Rowling	Adyaan
Elgar	Hareem
Mozart	Oscar
Beethoven	Maryam
Vivaldi	Danyal

## 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.

### ***Animal Heroes!***

*I love this book because I like learning about all the different animals. It tells you about animals that have saved people. It is really interesting. In class we have been learning about how to use a glossary and index and because this book is non-fiction it has them too!*

***Iylah, Year 3***



# 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 **03/03/23**.

### Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	94.6%	1
Willow	95.4%	2
Kandinsky	91.7%	3
Matisse	93.6%	2
Lowry	91.9%	0
Van Gogh	96.3%	1

### Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	95.2%	1
Roald Dahl	91.6%	2
JK Rowling	94.8%	3
J Wilson	93.6%	0
Elgar	96.3%	0
Mozart	94.9%	1
Beethoven	97.1%	2
Vivaldi	94.8%	1

Congratulations to **Van Gogh Class**, **Elgar Class** and **Beethoven Class** for having the **best attendance** this week.

Well done to **Lowry Class**, **Jacqueline Wilson** and **Elgar Class** for having **no lates**!

Our whole school attendance this week:

**94.3%**

## 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 - NGL
LETTERS:	02/03/23 Kandinsky Class Assembly 02/03/23 Easter Chocolate Raffle 03/03/23 Science Week 2023 03/03/23 Year 3 residential Packs
MESSAGES VIA PARENTAPPS:	01/03/23 Great Oak Nursery Places September 2023 01/03/23 Little Acorns Nursery Places September 2023



# MENU W/C 06/03/23

## Swain House Primary School

Week  
Commencing

31st Oct, 21st Nov, 12th Dec,  
2nd Jan, 23rd Jan, 6th Mar  
27th Mar

### MENU Week 1

MON

#### Choose from...

- ☒ Mascarpone Pasta
- ☐ Pork Meatballs & Spaghetti
- ☐ Halal Pasta Bolognese

#### Desserts...

- ☒ Decorated Vanilla Sponge Cake
- ☐ Freshly Prepared Fruit

TUE

#### Choose from...

- ☐ Mild Chicken Curry
- ☐ Halal Keema & Peas
- ☐ Vegetarian Chilli & Nachos

#### Desserts...

- ☒ Volcano Buns
- ☐ Freshly Prepared Fruit

WED

#### Choose from...

- ☐ Roast Chicken
- ☐ Halal Chicken Tikka Roast
- ☐ Vegan Cottage Pie

#### Desserts...

- ☒ Syrup Sponge
- ☐ Freshly Prepared Fruit

THUR

#### Choose from...

- ☒ Cheese & Tomato Pizza

#### Desserts...

- ☐ Flapjack
- ☐ Freshly Prepared Fruit

FRI

#### Choose from...

- ☐ Battered Fillet of Fish
- ☐ Savoury Roll

#### Desserts...

- ☒ Chocolate Sponge
- ☐ Freshly Prepared Fruit

Suitable for



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



City of  
**BRADFORD**  
METROPOLITAN DISTRICT COUNCIL

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**

## DIARY DATES

**ANY NEWLY ADDED ITEMS WILL BE IN BLUE**

DAY	DATE	TIME	EVENT
Thursday	09/03/23	2.30pm	Holi Assembly - Kandinsky Class
Thursday	16/03/23	2.30pm	Anne Fine Class Assembly
Thursday	23/03/23	2.30pm	Wesak Assembly - Lowry Class
Thursday	30/03/23	2.30pm	Easter Assembly - Mozart Class
Thursday	30/03/23	3.15pm	Year 3 Residential Parents Meeting



# COMING UP THIS HALF TERM

## SPRING TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	09/03/23	2.30pm	Kandinsky Holi Assembly
Thursday	16/03/23	2.30pm	Anne Fine Class Assembly
Thursday	23/03/23	2.30pm	Lowry Wesak Assembly
Thursday	30/03/23	2.30pm	Mozart Easter Assembly

## EASTER CRAFT WORKSHOPS!

This half term parents will be invited to some Easter crafts workshops with their children. Keep an eye out for some more information soon!



## YEAR 3 RESIDENTIAL!

Parents of children in Year 3 are invited to the Year 3 residential parents meeting on **Thursday 30th March** at **3.15pm** to discuss their upcoming residential to Bradley Wood.



## EASTER CHOCOLATE RAFFLE!

Our Easter Chocolate Raffle is returning this year! Tickets will be on sale soon and must be purchased by Tuesday 28th March. We are accepting donations of chocolate and Easter eggs to help make up our chocolate hampers! The Easter chocolate raffle will be drawn on **Wednesday 29th March 2023**.

# COMMUNITY NEWS



**New term starts**  
**9.1.23/13.1.23**

1 class	2 classes
Mini/Junior £25	Mini/Junior £42.50
Inter/Senior £30	Inter/Senior £47.50
Siblings £17.50	Siblings £35

5 week block!  
Pay Monthly Option Now Available

## ASPIRE PRO

IN PARTNERSHIP WITH  
GOALS SOCCER CENTRE

- SATURDAY MORNINGS
- GOALS SOCCER CENTRE
- 9:30AM TIL 10:30AM
- AGES 5-7 & 7-11
- £30 (6 WEEK TERM)
- TERM TIME ONLY
- FA QUALIFIED COACHES

PLEASE CONTACT US VIA FACEBOOK/INSTAGRAM  
ACCOUNTS OR VIA EMAIL  
ASPIREPROCOACHING@GMAIL.COM



ASPIRE  
PRO COACHING

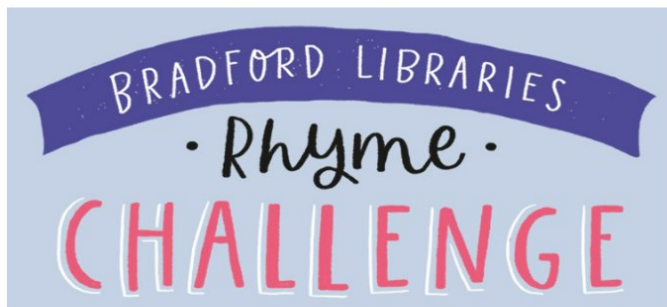


**Thackley Juniors**  
26 mins · 0



[CLICK HERE FOR MORE INFORMATION](#)

## Bradford libraries Rhyme Challenge



Families with children under 5 years old are invited to take part in this year's Rhyme Challenge.



Image by Drew Forsyth

## Bradford Science Festival

The Bradford Science Festival returns to the National Science and Media Museum from 23rd May-4th June with an exciting programme of events for the whole family. Meet people working in STEM fields, get hands-on in BradLab and even dance among the stars with a new interactive exhibition from Corey Baker. Get ready to discover whole new worlds this May.



**the national sleep helpline**

**Does your child suffer with sleep issues?**

**Do you struggle with your child's bedtime?**

**Will your child not sleep in their own bed?**

**WE CAN HELP**

**03303 530 541**  
Sunday - Tuesday & Thursday 7pm - 9pm  
Wednesday 9am - 11am

**the national sleep helpline**

**50%**

**Around 50% of children will have a sleep issue at some point\***

### WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

### HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

**03303 530 541**

Sunday - Tuesday & Thursday 7pm - 9pm  
Wednesday 9am - 11am



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\*Survey of 2,000 adults by Sleep76, Aug 2021



# NATIONAL ONLINE SAFETY

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

## What Parents & Carers Need to Know about NGL

**AGE RESTRICTION 13+**

NGL (which stands for 'Not Gonna Lie') is an app through which users share a link to their Instagram story or Twitter account, inviting their followers to give anonymous feedback. The app includes some prewritten questions (such as 'if you could change anything about me, what would it be?'), plus the option to ask followers to simply 'send me anonymous messages'. All replies go into the user's NGL inbox, with the sender remaining anonymous – although subscribers to the app can receive hints about who each message was from.

### WHAT ARE THE RISKS?

#### ANONYMITY AND OVERSHARING

Anonymous messaging gives rise to the 'online disinhibition effect', which causes users to feel detached from their words and actions in the digital world. This can make young people in particular (as they tend to act more impulsively online) far more likely to disclose personal information on the internet, as well as making ill-advised confessions or revealing their fears and insecurities.

#### PROTECTION FOR BULLIES

Having their identity hidden makes bullies feel safe from repercussions, so anonymous chat sites are a major avenue for cyberbullying. NGL claims to use AI to filter out insulting terms, but our expert sent a range of such phrases (starting with 'cow' and 'ugly', and becoming progressively more offensive) to a 'dummy' account. All of these trial messages were delivered to the recipient's inbox.

#### COSTLY SUBSCRIPTIONS

NGL offers a subscription where – for a weekly fee – users can unlock hints about who's been messaging them, including the sender's approximate location and which device they used. Young people will naturally be extremely curious about who sent which message (especially if they have a lot of Instagram or Twitter followers) and may be unable to resist spending money to find out.

#### INFLATED ENGAGEMENT

In June 2022, NGL had to revise its terms of service, informing users if a message was sent by the app's developers as opposed to genuine followers. It emerged that, previously, NGL's makers had attempted to boost engagement with the app (as well as enticing users to pay for subscriptions) by sending fake anonymous messages from bots. This update was rolled out very quietly by the team.

#### QUESTIONABLE SUPPORT

NGL does have a 'report this message' button for users to flag upsetting content. After sending a message, however, an automated reply arrives stating "...NGL is 100% anonymous and we have no way of knowing the identity of the user and would not be able to find out, even if we tried." This did not fill our expert with confidence that the app can address bad behaviour adequately.

#### ACCIDENTALLY GOING VIRAL

The messages on NGL itself are anonymous, but users can share these messages via their Instagram story or Twitter feed – enabling all their followers (or anyone, if their accounts are set to 'public') to see them. If a young person has disclosed something embarrassing or identifiable on NGL without realising, this information has the potential to be re-shared very quickly to a far wider audience.

## Advice for Parents & Carers

### DEALING WITH NEGATIVITY

Blocking another user on NGL will prevent them sending anonymous messages to your child in the short term – although a determined abuser could get around that obstacle simply by setting up a new Instagram account. If your child continually receives negative messages that upset them, it might be worth encouraging them to consider whether they really need to use the app at all.

### BLOCK IN-APP PURCHASES

To avoid your child running up an eye-watering bill through an NGL subscription (or indeed any kind of costly in-app purchases), go into the settings on whatever devices they use to go online and either disable the ability to make purchases or protect that function with a password. If those options aren't available, it's prudent to ensure there aren't any payment methods linked to their account.

### EXPLAIN ANONYMOUS APPS

We understand that a conversation with your child about the risks of anonymous messaging may seem difficult to initiate (especially if you aren't that comfortable with using social media yourself). It is vital, however, that young people understand that, for some people, having their identity obscured online can make them feel more powerful and less accountable for their actions.

### THINK BEFORE SENDING

Regardless of whether a messaging app is anonymous or not, it's a good idea to regularly talk to your child about how it's wise to think through what they're sharing before they post it. Emphasise that nothing is truly private once it's online. If the post is something your child might hesitate to say to someone face to face, then it's probably not the sort of thing they should be writing online either.

### 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.

**National Online Safety**  
#WakeUpWednesday

Source: <https://nsl.link/what-s-ngl>

Twitter: @natonlinesafety | Facebook: /NationalOnlineSafety | Instagram: @nationalonlinesafety | TikTok: @national\_online\_safety