

NEWSLETTER

FRIDAY 1ST MAY 2026



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ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

WINNER OF PRIMARY SCHOOL OF THE YEAR!

We are absolutely thrilled to share some amazing news!

Last night, Swain House Primary School was proudly awarded Primary School of the Year at the T&A Education Awards.

This recognition means so much to us because it truly reflects a huge team achievement. We are incredibly proud to receive this award and to see the hard work, dedication and care that goes into our school recognised in this way. A heartfelt thank you to our wonderful staff, who go above and beyond every single day; to our brilliant children, who make Swain House such a special place; and to our parents and families for your constant support. We would also like to thank the wider community around us – your encouragement and partnership mean the world to us.

This award belongs to everyone who is part of the Swain House family.

Thank you for being on this journey with us!



FIRE SAFETY WORKSHOP

Pupils from Hanson School and Girlington School visited the RP at Swain House on Tuesday for a really engaging fire safety workshop led by West Yorkshire Fire and Rescue Service. The session covered important messages about staying safe at home, what to do in an emergency, and how to contact 999, with some useful discussion around things like lithium-ion batteries. The children were completely absorbed from start to finish, asking lots of questions and showing real curiosity. A definite highlight was going outside to see the fire engine, trying on real fire service uniform, and meeting the crew. They were amazed to find out the ladder reaches up to 12 metres, which linked perfectly with their current maths topic on measurement, and sparked lots of discussion about height and length. It was a fantastic morning and a great hands-on learning experience for everyone involved.



FOODSAVERS AT DARLEY STREET MARKET



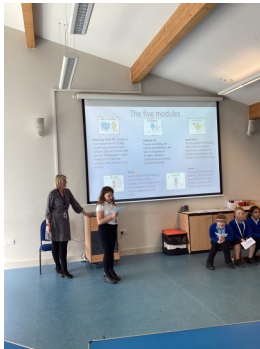
We had a great time on Wednesday morning visiting Darley Street Market, attending a FoodSavers workshop with Soraya. We had a walk around the market looking at all the interesting stalls and unusual foods they had to offer, then we prepared and cooked a delicious stir-fry. We learnt about how to be safe in a kitchen and enjoyed chopping and stirring, but the best part was definitely the tasting. Our creation was delicious and very healthy!

YEAR 2 CHURCH VISIT



Van Gogh and Lowry class had a lovely time visiting St James' Church this week. They were really sensible walking there and back. Well done everyone!. We met Tracy, the vicar, and she showed us around her church.

MYHAPPYMIND MEETING FOR PARENTS

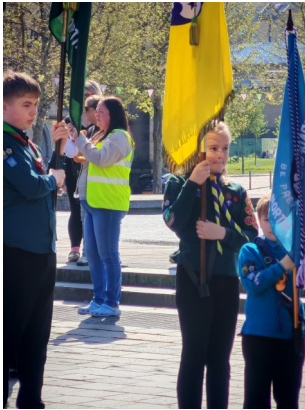


We would like to say a big thank you to everyone that attended our myHappyMind meeting on Wednesday. Our wonderful Happiness Heroes did a great job of presenting and sharing what they do in school. We enjoyed a 'Happy Breathing' session and completing lots of myHappyMind activities with our families.

SHARING YOUR NEWS

On Sunday (26th April) Aymie in year 5 Elgar class took part in St George's Day Parade in Centenary Square.

She felt honoured to be carrying the district flag at the front of the Parade, to meet the Lord Mayor and Lady Mayoress of Bradford and receive her Silver Scout award. This is the highest award you can receive in Cubs. Here are some photos of her. She also featured in the Telegraph and Argus showing the Parade.



We are so proud of Roy! He has won plews British masters and he's sitting in 2nd place in the British youth nationals! Well done Roy!



Roy - Vivaldi

Parent and Carer Support Group

From the Mental Health Support Team

Our online Parent and Carer Support Group offers a safe and welcoming space to explore ways of supporting your child's emotional wellbeing, and your own.

Each half term, we cover a new wellbeing topic inspired by the Five Ways to Wellbeing, and share practical tips and ideas. It's also a chance to connect with other parents, share experiences, and support one another.

This half-term's topic:

Keep Learning – Feel it, Name it, Tame it

This session will focus on helping parents and carers support young people in understanding and managing emotions. Together we will share simple, practical ways to help young people recognise, name, and respond to big feelings.

Date: **Wednesday 6th May 2026**

Times: **10:30am or 7:00pm**

Platform: **Microsoft Teams**

To register your interest and receive a joining link, please email:
mhstparentsupport@bdct.onmicrosoft.com



Come and join a new Adventure?



We are looking for young people aged 4 - 14 to join our scout group, in Squirrels, Beavers, Cubs or Scouts!

Want to make new friends, learn new skills and have fun?

If you answer YES! Then we could be the choice for you!



Squirrels - Age 4-6 - Saturday 10am - 11am

Beavers - Age 6 - 8 - Thursday 6:15pm - 7:30pm

Cubs - Age 8- 10.5 - Monday 6:30pm - 8pm

Scouts - Age 10.5 - 14 - Friday 7:30pm - 9pm

Our group meets at St Andrews Church Undercliffe on above nights, please contact us for more information

via facebook @29thBNscouts or just turn up on the night relevant to you.




Scouts

JUNIOR PARKRUN

junior parkrun -
where everyone is



welcome

junior parkrun is a free, fun, friendly, weekly, community event organised by volunteers of all ages for children aged 4 to 14.

2k junior parkrun events take place on Sunday mornings and are for the whole community to come together to walk, jog, run and volunteer. Join in on the fun at junior parkrun!



junior parkrun

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 **01.05.26**

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	97.3%	0
Willow	98.7%	4
Kandinsky	93.6%	0
Matisse	92.4%	6
Lowry	93.1%	0
Van Gogh	97.7%	1

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	94.8%	0
Roald Dahl	92.7%	3
JK Rowling	95.8%	1
Michael Morpurgo	92.3%	2
Elgar	97.7%	2
Mozart	93.2%	3
Beethoven	92.0%	4
Vivaldi	97.2%	1

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

Congratulations to **Elm Class, Kandinsky Class, Lowry Class, & Anne Fine Class** for having **no lates!**

Our whole school attendance this week:

94.9%

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 'Managing Exam Stress'.
LETTERS:	30.04.26 - Kandinsky Class Assembly
MESSAGES VIA PARENTAPPS:	29.04.26 - Year 5 Homework

COMMUNITY NEWS



SEND Youth Voice Summit

A youth voice event for students with special educational needs and/or disabilities





Tuesday 9 June, 2026

10am - 1.30pm

City Hall, Bradford

An opportunity for secondary students with SEND (supported by staff) to share their views and experiences, visit City Hall and meet other young people.

**CONTACT
US**

-  meet key services
-  share experiences
-  develop ideas
-  shape the future.

SENDYouthVoice@bradford.gov.uk

Phone: 074845 44062



COMMUNITY NEWS



SEND Marketplace drop-in events

Specialist services available to ask questions, give information, advice and support. The last Monday of every month.



- 26 January (2pm - 4.30pm) at Reevy Hill Family Hub
- 23 February (9.30am -12.30pm) at Rainbow Family Hub
- 30 March (1pm - 3pm) at Barkerend Family Hub
- 27 April (9.30am -12.30pm) at Farcliffe Family Hub
- 18 May (2pm - 4.30pm) at TFD Family Hub
- 29 June (9.30am -11.30am) at Shipley Library
- 27 July (1pm - 3pm) at Barkerend Family Hub
- 24 August (9.30am - 12.30pm) at Farcliffe Family Hub
- 25 September (2pm - 4.30pm) at Reevy Hill Family Hub
- 26 October (9.30am -12.30pm) at Rainbow Family Hub
- 30 November (1pm - 3pm) at Barkerend Family Hub
- 21 December (9.30am - 12.30pm) at Farcliffe Family Hub

Support available on:

Autism/ADHD

Speech and language

Relationship issues

Sleeping difficulties

Finance/benefits

Education

Bradford District and Craven
Health and Care Partnership



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!



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.



COMING UP IN SUMMER TERM

SUMMER TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	07.05.26	2.20pm	Kandinsky Class Assembly
Thursday	21.05.26	2.20pm	Year 4 Residential Assembly
Tuesday	09.06.26	2.20pm	Elgar Class Eid Assembly
Thursday	11.06.26	2.20pm	Mozart Class Assembly
Tuesday	16.06.26	2.20pm	Anne Fine Class Assembly
Thursday	18.06.26	2.20pm	Willow Class Assembly
Thursday	25.06.26	2.20pm	Matisse Class Assembly
Thursday	02.07.26	2.20pm	Elm Class Assembly
Thursday	09.07.26	2.20pm	Roald Dahl Class Assembly
Thursday	16.07.26	1.45pm	Year 6 Leavers Presentation

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
FRIDAY	05.06.26		RECEPTION THORNTON HALL FARM TRIP
MONDAY	15.06.26		YEAR 5 YORKSHIRE WILDLIFE TRIP
THURSDAY	18.06.26		YEAR 1 YORKSHIRE WILDLIFE TRIP
THURSDAY	25.06.26		YEAR 3 WHITBY TRIP
WEDNESDAY	01.07.26		YEAR 2 TROPICAL BUTTERFLY HOUSE TRIP
FRIDAY	03.07.26		NURSERY MOBILE FARM VISIT
WEDNESDAY	08.07.26		LAZERZONE & HOLLYWOOD BOWL TRIP

MENU 04/05/26

Week 1: 13th Apr, 4th May,
25th May, 15th Jun, 6th Jul,
27th Jul, 17th Aug, 7th Sep,
28th Sep, 19th Oct

Homemade Bread,
selection of seasonal
Vegetables / fresh Salad &
fresh Fruit served daily.

Selection of cold
Sandwiches served daily.

Swain House Primary School Menu



Mon

ProVeg Beef & Red Lentil Bolognese & Garlic Bread
Red Tractor accredited Beef Mince & Lentils in a Tomato & Vegetable Sauce, served with Pasta & Garlic Bread.

Soya Mince Chilli with Rice & Nachos
Soya Mince in a spicy Tomato Sauce, served with Rice & Nachos.

American-style Quorn Hot Dog
Quorn Sausage served in a Bun, with Seasoned Potatoes.

Assorted Jacket Potatoes / Selection of Sandwiches

Lemon Shortcake & Custard
A rich Shortbread finger with a hint of Lemon, served with Custard.

Tue

Pork & Apple Whirl
Red Tractor Accredited Sausage Meat and Apples, encased in Pastry.

Halal Chicken & Spinach
Red Tractor Accredited HMC diced Chicken & Spinach in a Tomato based Curry Sauce, served with Pilau Rice / Naan Bread.

Pomodoro Pasta
A simple, delicious, rich Tomato Sauce with Beans, served with Crusty Bread.

Selection of Sandwiches / Hot Sub Roll

Sprinkle Cake
Homemade - reduced sugar - Vanilla Sponge, lightly topped with water Icing and Sprinkles.

Wed

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

Halal Roast Chicken Breast
Red Tractor accredited HMC Chicken Breast, served with Yorkshire Pudding, Roast Potatoes & Vegan Gravy.

Golden Cheese Roll
Cheese mix wrapped in Puff Pastry, served with Creamed Potatoes & Seasonal Vegetables.

Selection of Sandwiches / Hot Sub Roll

Decorated Fruit Jelly
Jelly with Fruit, topped with Fresh Cream.

Thu

Classic Cheese & Tomato Pizza
Wholemeal 50/50 base, topped with a lightly spiced Sauce and topped with Mozzarella / Cheddar Cheese, served with Chips / Jacket Wedges.

Baked Tortilla Wrap with Julienne of Veg
Vegetables in a Sauce, topped with Cheese in a Tortilla wrap. Served hot with Chips / Jacket Wedges.

Assorted Jacket Potatoes / Selection of Sandwiches

Chocolate Sponge & Chocolate Sauce
Homemade, light Chocolate Sponge, served with Chocolate Sauce.

Fri

MSC Breaded Fish Fillet Fingers
MSC Fish Fillet Fingers, served with Chips / Jacket Wedges.

MSC Salmon & Sweet Potato Fishcake
MSC Salmon & Sweet Potato, served with Chips / Jacket Wedges.

Arrabiata Pasta
Chilli Tomato Sauce with Lentils & Peppers, served with Pasta & Crusty Bread.

Assorted Jacket Potatoes / Selection of Sandwiches

Vanilla Cookie
Custard flavoured Cookie.



Scan the QR code to head to our app for full allergen & nutritional info



NATIONAL ONLINE SAFETY

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

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.

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, most young people will encounter exam stress, which can affect their mental, emotional, and physical wellbeing. Mental health charity YoungMinds estimates that 87% of pupils experience exam-related stress. This highlights the importance of supporting young people to manage exam pressure effectively, maintain perspective, and protect their overall wellbeing during these periods.

1 PRACTISE WORKLOAD WISDOM

The build-up to exams can feel overwhelming, with competing demands on time and energy. Encourage young people to reflect on whether their workload is realistic and allows them time to rest and recharge. Support them in creating a manageable revision timetable that includes regular breaks and occasional days off. Remind them that plans can be adjusted if they feel overwhelmed, helping to reduce the pressure and prevent burnout.

2 CLEAR UP THE CLUTTER

A cluttered workspace can reduce focus and increase stress levels. Encourage young people to keep their study area tidy and organised, with clearly arranged notes and materials. A calm, dedicated space can support concentration and create a more relaxed mindset. Adding colour, mind maps, or creative elements can also make revision feel less daunting and more manageable.

3 MASTER THE MATERIALS

Revision can feel particularly stressful if young people are unsure where to begin. Help them confirm key study topics and materials, ensuring they're using accurate and relevant resources. Reducing uncertainty can help them feel more in control of their learning. Reassure them that they don't need to know everything perfectly, as building their understanding over time is what matters most.

4 GET CREATIVE WITH NOTES

Writing out detailed notes, rather than relying only on bullet points, can strengthen their understanding and retention. Encourage young people to turn these notes into flashcards for regular review and repetition. Feeling familiar with their material can boost their confidence and reduce anxiety during exams. This approach can help them feel more prepared and less likely to panic under pressure.

5 USE VISUAL MEMORY AIDS

Visual resources can make learning more effective and reduce their frustration when information feels difficult to grasp. Encourage the use of diagrams, videos, sticky notes, and colour coding to reinforce key ideas. Creating simple mnemonics can also make information easier to remember. Using a variety of methods can help prevent mental fatigue and keep revision feeling fresh and manageable.

6 BUILD A TECH TOOLKIT

Technology can be a valuable supporting tool during exam preparation when used in a balanced way. Educational websites, revision platforms, and subject-specific videos can help explain complicated topics clearly, reducing the risk of confusion or stress. Encourage young people to use these tools to support – rather than overwhelm – their learning, and to take regular breaks from their screens to protect their wellbeing.

7 KEEP REVISION ENJOYABLE

Revision is often more effective when it feels engaging and varied. Encourage young people to incorporate humour, real-life examples, or creative approaches into their learning. Mixing study methods, including light physical activity such as short walks, can also improve their mood and focus. Enjoyable revision experiences can help reduce stress and make the process feel more positive and sustainable.

8 USE ACTIVE STUDY METHODS

Active revision techniques can help young people feel more confident and in control of their learning. Strategies such as spaced repetition and active recall, including self-testing or explaining concepts aloud, can highlight both their strengths and areas for improvement. This clarity can reduce last-minute panic and support a calmer, more prepared approach to exams.

9 USE AI THOUGHTFULLY

AI tools can support revision by making learning more personalised and manageable. Young people can use them to generate practice questions, summarise information, or break down topics into simpler steps. Used carefully, these tools can reduce overwhelm and save time. Remind young people to check AI information with trusted sources to ensure its accuracy and build confidence in their understanding.

10 PRACTISE WITH ONLINE TOOLS

Online revision platforms can help young people test their knowledge and track their progress. Many offer quizzes, flashcards, and practice papers aligned with exam boards. Encourage regular self-testing – including timed activities – to build up familiarity with exam conditions. Becoming more comfortable with the format of exams can reduce anxiety and help young people approach them with greater confidence.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of Social Enterprise UK's 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



See full reference list on our website



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 29.04.2026