

NEWSLETTER

FRIDAY 17TH JANUARY 2025



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ASPIRE

BELIEVE

PERSEVERE

ACHIEVE



APPRECIATE ASSEMBLY!

Mrs Pugh and the 'Happiness Heroes' presented a special assembly this week, introducing our next module—**Appreciate**

We recapped the previous modules **Meet your Brain** and **Celebrate** then talked about what the Appreciate module will include this year.

This half term the children will enjoy building on last years learning about developing an 'Attitude of Gratitude'.



SCHOOL CHALLENGE!



Let's set ourselves a school challenge...

...to spin the Wheel of Gratitude every day and share what we are grateful for with others.

When you go back to your classroom, talk as a class about how you will do this.

The Happiness Heroes set a whole school challenge!

Each classroom has their own wheel of Gratitude. Children will spin it each day and talk about what they are grateful for.



YEAR 6 ROYAL NAVY TALK

Year 6 had an extremely exciting visit this week from members of the Royal Navy. Our visitors shared stories about their roles in the Navy, the amazing humanitarian work that the Navy do and how children can aspire to join the Navy in the future. The children then designed and launched their own paper flares. Here are some pictures of our inspiring experience...



SWIMMING AT SWAIN HOUSE!

All the children who have used the swimming pool this week have absolutely loved it! It has been so nice to see all the smiling faces in the pool. We are really looking forward to the swimming progress they will make this half term.

We have some places left on our Year 3 After School Club for this half term - if you are interested, please contact school.

Below are some quotes from our very excited children!



"I can't wait to go home and go to bed so I can come to school tomorrow and swim again!"

"I've never been able to float on my back without sinking but I did it today!"

"I've only had a few lessons but I already feel like I can swim!"



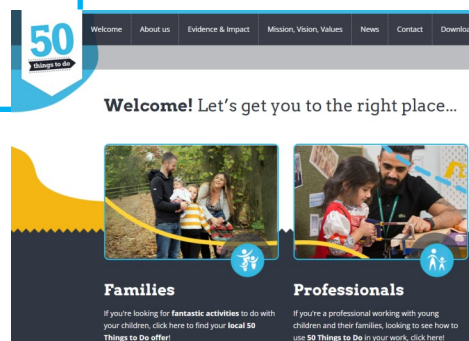
50 THINGS TO DO BEFORE YOU'RE FIVE



We are thrilled to be launching '50 Things to do before you're five' at Swain House Primary School. The 50 Things programme has been developed in Bradford and is based on the simple notion that access to life-changing, fun, low-cost or no-cost experiences with your family is a great way to support and develop young children's oracy skills and confidence.

To access the website for more information ,
click [here](#)

Download the app today to find out more
information about each activity.



Ages 0-4

A menu of fun, affordable ideas for play and learning with your 0-4 year old. Get daily inspiration from these simple and engaging activities that preschoolers love!

Download the Before You're Five
mobile app using the following
links:



FREE FAMILY MATHS LESSONS FOR YEARS 1 AND 2



As a school, we are very excited, that we have been chosen to provide our parents/carers of children in Year 1 and Year 2 Family Maths sessions, here at school. These sessions will be delivered by White Rose Education, in partnership with West Yorkshire Combined Authority.

The sessions will be fun and interactive, with the aim of giving you lots of ideas and resources that you can take away and play at home. The aim of the sessions are to help you support your child's maths learning in school and at home. The sessions are for parents/carers to have fun with their children, whilst the maths specialist shows you ways you can use everyday resources and the resources given, to help improve your child's mathematical understanding.

The sessions will be delivered in three 45-minute slots that will be held on the dates below in our small hall:

Session 1 – Tuesday 4th February at 9:00am

Session 2 – Tuesday 11th February at 9:00am

Session 3 – Tuesday 25th February at 9:00am

Refreshments will be provided at each session for parents/carers and children. Excitingly, lots of amazing free games/resources will be given out after each session for you to take home and keep!

To confirm your attendance to all three sessions please fill in and submit the form below by scanning the QR code or accessing the link <https://shorturl.at/ugHyO>:



For the first session, you will need to bring along ID, such as a utility bill or driving licence. This is only to check your address, so White Rose Education can see you are a resident of Bradford, as Bradford Council fund the project.

If you have any questions or would like to use a school device to complete the form, please do not hesitate to come and ask.

SHARING YOUR NEWS!



Riccardo in Michael Morpurgo class has achieved a 'most improved' trophy from his Martial Arts class. Well done Riccardo, we are very proud of you!

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!

SENDCO NEWS

We would like to say congratulations to Mrs White who is starting her maternity leave today!

Miss Broomfield is going to be taking on the role of SENDCO while Mrs White is on maternity leave. Mr George is also the Assistant SENDCO and if you would like to talk to them about any issues or concerns, please ring the school office or email them on send@swainhouse.bradford.sch.uk



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



AUTISM PARENTS' WORKSHOPS



Autism Parents' Workshops

Friday 31st January 2:20-3:00
or Friday 7th March 8:45-9:20



Delivered by Jo Boden-Hook
(specialist teacher) from the
SCIL Team.

Please enter via the Community
Entrance

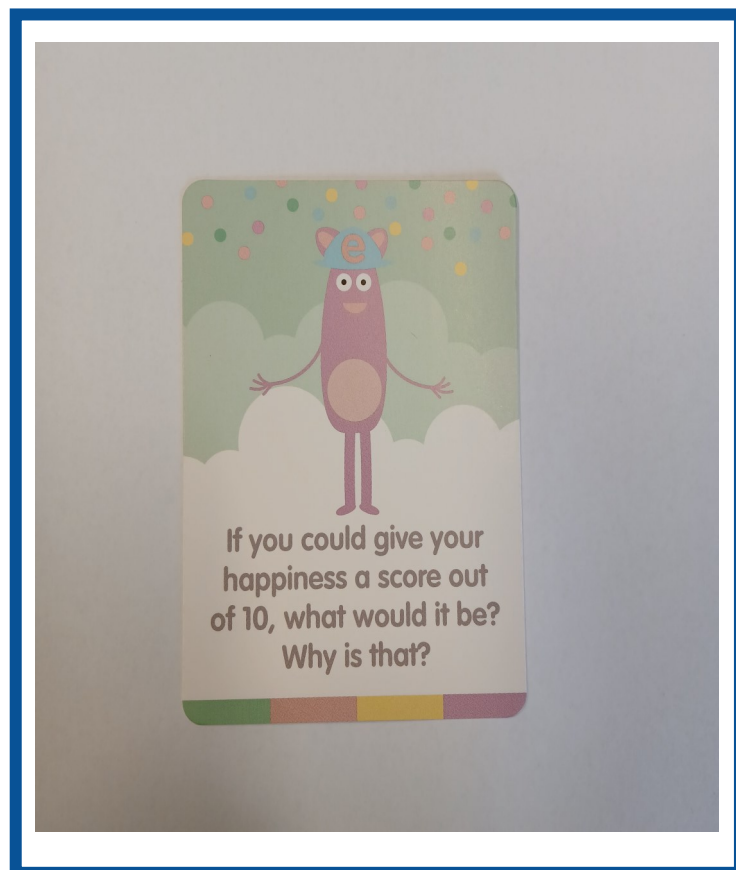
MYHAPPYMIND

OUR CONVERSATION CARD OF THE WEEK



Enjoy a conversation!

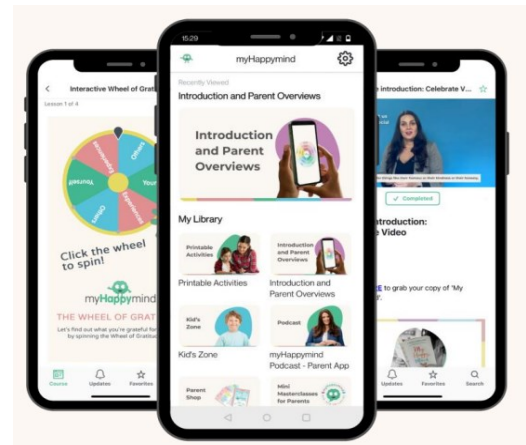
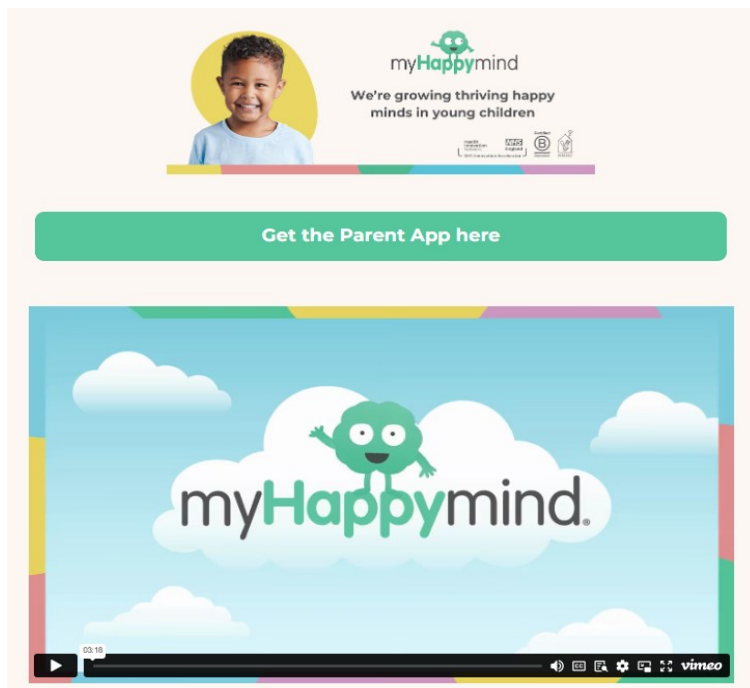
Each week we will share a conversation card. These are designed to help you have meaningful and fun conversations with your child and aid discussions about mental health and happiness.



MYHAPPYMIND PARENT APP

myHappyMind Parent App

Download the Parent App to learn all about the Science of Happiness and also access a range of games, songs, Happy Breathing resources and much more at home!



Scan the QR code to access information about the Parent App.



Once on the webpage click on the 'Get the Parent app here' tab.

Complete your details, then you will be sent access details via email.

Our school Authentication Code is **107220**

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 **17/01/25**.

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	96.8%	2
Willow	94.1%	1
Kandinsky	98.1%	2
Matisse	95.4%	2
Lowry	95.9%	2
Van Gogh	98.2%	1

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	97.9%	1
Roald Dahl	94.9%	1
JK Rowling	97.9%	1
Michael Morpurgo	96.6%	0
Elgar	94.1%	1
Mozart	97.0%	4
Beethoven	92.2%	1
Vivaldi	94.2%	0

Congratulations to **Kandinsky Class, Van Gogh Class, Anne Fine Class and JK Rowling Class** for having the **best attendance** this week.

Well done to **Michael Morpurgo Class and Vivaldi Class** for having no lates!

Our whole school attendance this week:

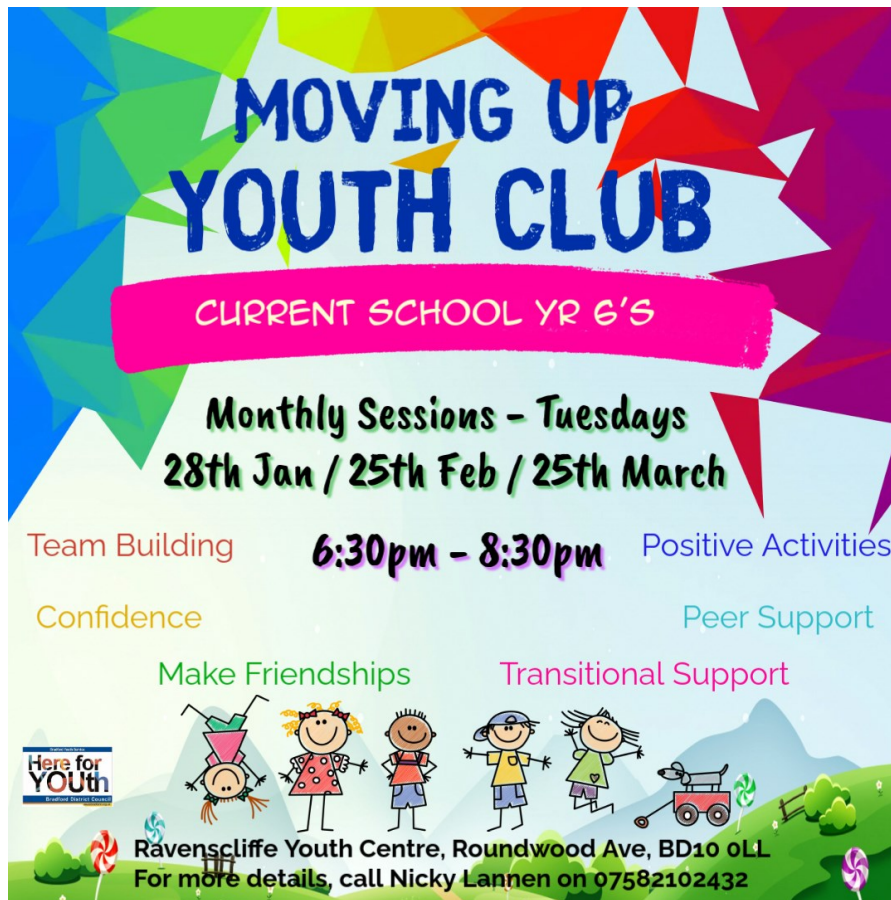
96.0%

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

WEBSITE UPDATES:	National Online Safety - 'Wake Up Wednesday' guide from National Online Safety is about 'TIKTOK'.
LETTERS:	17.01.25 - Parents Evening - Tuesday 28th January 2025
MESSAGES VIA PARENTAPPS:	

COMMUNITY NEWS



MOVING UP YOUTH CLUB

CURRENT SCHOOL YR 6'S

Monthly Sessions - Tuesdays
28th Jan / 25th Feb / 25th March

Team Building 6:30pm - 8:30pm Positive Activities

Confidence Peer Support

Make Friendships Transitional Support

 Ravenscliffe Youth Centre, Roundwood Ave, BD10 0LL
For more details, call Nicky Lannen on 07582102432



 **COMMUNITY FUND**

Women's Health Event Community Works

21st January :: 10:00-14:00 Lunch Provided

Join in the conversation, get support, or advice from stalls and speakers on the following:

- Menstrual Health
- Menopause Support
- Mental health
- Domestic Violence Support
- Physical health
- Emotional / Social Health
- Nutrition
- Pregnancy
- Discussions on other health issues that affect women - breast cancer, cervical smear, etc

Please contact info@haleproject.org.uk for more information

Community Works
Undercliffe Lane
BD3 0DW

 **Community Works**

 **HALE**
Health Action Local Engagement
Healthy Living Community

 **City of BRADFORD**
CITY OF BRADFORD COUNCIL



COMING UP THIS TERM

SPRING TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	23.01.25	2.30pm	Matisse Class – Chinese New Year Assembly
Thursday	30.01.25	2.30pm	Michael Morpurgo Class Assembly
Thursday	06.02.25	2.30pm	Elgar Class Assembly
Thursday	13.02.25	2.30pm	Lowry Class Assembly
Thursday	27.02.25	2.30pm	JK Rowling Class Assembly
Thursday	13.03.25	2.30pm	Kandinsky Class - Holi Assembly
Thursday	20.03.25	2.30pm	Anne Fine Class Assembly
Thursday	27.03.25	2.30pm	Lowry Class – Vaisakhi Assembly
Thursday	03.04.25	2.30pm	Mozart Class – Easter Assembly

PARENTS EVENING!

Parents evening will be held on **Tuesday 28th January 2025 from 3.15pm - 6.15pm**. The booking system will be available on **Monday 20th January 2025** from 7.30am for you to book your appointment. Parents who are coming into school will have the opportunity to look at their child's books following the meeting with the teacher. If you have a telephone conversation, your child's books will be available to be viewed between 3pm and 3.10pm on Wednesday 29th January 2025.

As always, if you have any questions, please speak to your child's class teacher.

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 6pm 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.

COMING UP THIS TERM

ANY NEWLY ADDED ITEMS WILL BE IN BLUE

DAY	DATE	TIME	EVENT
Tuesday	28.01.25	3.15pm – 6.15pm	Parents Evening
Monday - Friday	03.02.25 - 09.02.25		Mental Health Week
Friday	07.02.25		NSPCC Number Day

MENU 20/01/25

WEEK 3

<p>Pork Meatballs in Tomato Sauce (Served with Spaghetti, Garlic Bread & Salad)</p> <p> Halal Chicken Biryani (Served with Flat Bread & Salad)</p> <p> Arrabiata Pasta (Served with Garlic Bread & Salad)</p> <p>Assorted Baguettes</p> <div style="background-color: #F08080; padding: 5px; border-radius: 10px; margin-top: 10px;"> <p> Ice Cream Tubs</p> <p> Freshly Prepared Fruit</p> </div>	<p>Savoury Roll (Served with Jacket Wedges & Salad or Sweetcorn)</p> <p> Homemade Cheese & Onion Pasty (Served with Jacket Wedges & Salad or Sweetcorn)</p> <p>Assorted Jackets</p> <div style="background-color: #F0C080; padding: 5px; border-radius: 10px; margin-top: 10px;"> <p> Rice Pudding</p> <p> Freshly Prepared Fruit</p> </div>	<p>Roast Meat (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy)</p> <p> Halal Roast Chicken (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy)</p> <p> Vegetarian Toad in the Hole (Served with Roast Potatoes, Seasonal Vegetables & Gravy)</p> <p>Assorted Baguettes</p> <div style="background-color: #F0E080; padding: 5px; border-radius: 10px; margin-top: 10px;"> <p> Paris Sandwich (Served with Custard)</p> <p> Freshly Prepared Fruit</p> </div>	<p>Chicken Burrito (Served with Tortilla Chips, Coleslaw or Salad)</p> <p> Cheese & Tomato Pizza with Tortilla Chips (Served with Tortilla Chips, Coleslaw & Salad)</p> <p> Mexican Burrito (Served with Tortilla Chips, Coleslaw or Salad)</p> <p>Assorted Jackets</p> <div style="background-color: #80C080; padding: 5px; border-radius: 10px; margin-top: 10px;"> <p> Marble Sponge (With Chocolate Sauce)</p> <p> Freshly Prepared Fruit</p> </div>
<p>MSC Fishcake (Served with Ketchup, Chipped Potatoes, Baked Beans or Salad)</p> <p> Vegetable Dippers (Served with Ketchup, Chipped Potatoes, Baked Beans or Salad)</p> <p>MSC Salmon & Sweet Potato Fishcake (Served with Ketchup, Potato Wedges, Baked Beans or Salad)</p> <p>Assorted Sandwiches</p> <div style="background-color: #80A0D0; padding: 5px; border-radius: 10px; margin-top: 10px;"> <p> Oat Cookie</p> <p> Freshly Prepared Fruit</p> </div>			

NATIONAL ONLINE SAFETY

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

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.

What Parents & Educators Need to Know about

TIKTOK

AGE RESTRICTION
13+
(Certain features are restricted to over-18s only)

WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT

While TikTok's following feed only displays videos from familiar creators, for you is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app could potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £9.99 to an eye-watering £99; while that may not sound appealing, the app still generated £7.9 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

CONTACT WITH STRANGERS

With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-16s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables anyone to download or comment on them.

MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 127 minutes per day on the app: that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/tiktok-2025>

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