

# NEWSLETTER

FRIDAY 17TH MARCH 2023



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ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

## BRITISH SCIENCE WEEK!

This week, we have celebrated British Science Week. The theme for this year is 'Connections' and we started the week with an exciting assembly led by Miss Broadbent. 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.

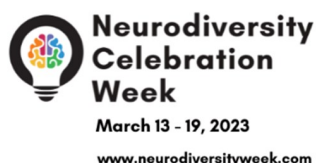


# NEURODIVERSITY CELEBRATION WEEK!

This week is Neurodiversity Celebration Week. Neurodiversity is based on the idea that everyone has a differently-wired brain and their own unique way of thinking and experiencing the world.

Some of the different ways of thinking, learning, interacting and perceiving the world have been given labels, such as:

Attention Deficit Hyperactivity Disorder (ADHD)  
Autism Spectrum Conditions (ASC)  
Dyslexia  
Dyspraxia  
Dyscalculia  
Tourette's Syndrome



**Did you know**  
**Will.i.am**  
**has ADHD?**



"Music brings control to my thoughts. I am here to let you know that you can be anything you want to be"

- Will.i.am, Singer / Producer

**Did you know**  
**Maggie Aderin-Pocock**  
**is dyslexic?**



"My dyslexic thinking means I don't just think outside the box... I think outside the planet"

Maggie Aderin-Pocock, Space Scientist

We had a very special assembly this week all about neurodiversity and pupils were given opportunities to talk about this is lessons.

If you would like to learn more about neurodiverse conditions or access free resources, please visit <https://www.neurodiversityweek.com/>

## 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 - Crab and Bear-Walk Races!



### CRAB AND BEAR-WALK RACES

Who won the race? The crab or the bear?

#### HOW TO PLAY WHICH WILL WIN?



**What are you going to be?**

- > Create a start and finish line somewhere in your home
- > Decide how you are going to race. Pick one of these or create your own:
- > **Crab:** Sit on the floor with your hands behind you and your knees bent, now lift up your bottom and move along the floor
- > **Bear:** Walk along the ground with both your hands and feet touching the floor

**SUITABLE FOR:** All ages  
**TAKES:** 20-30 minutes

**YOU WILL NEED:**

- > Space to be a crab or a bear

**REMEMBER** Anyone can do this - The aim is to try and use as many objects as possible to make a fun and challenging course! If someone isn't racing, then they can be the umpire!

**SAFETY...**

As with any activity consider the space and make sure you have enough room that is free of sharp edges!

**Why not try?**

- > Doing this activity with another person in the house
- > For parents and children over 13 years of age: Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthome



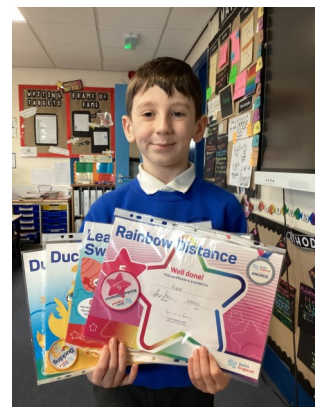
# SNOW DAY!

This week we have a photo to share from one of our local residents, Mr Master. Here is a photo of the untouched snow from our snow day last week!



## SHARING YOUR NEWS!

We would like to say a huge well done to Fraser-Joe in Year 3. Fraser-Joe has achieved four certificates in swimming this week and was very proud to show his class mates!



We would also like to say well done to Emelia in Year 2. She is very proud of the sewing she did at home. She has made some pillows for her dolls. She used a sewing machine for the very first time to stitch the fabric. They look amazing Emelia-well done!

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!

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



## 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.

### **Music Makers**

*The book I am reviewing is the non-fiction book, Music Makers by Ciaran Murtagh. The book is about Elvis Presley. Elvis Presley was the king of rock and roll! He was born in 1935 in Mississippi, USA. His parents were poor but he became one of the most famous musicians in the world. I enjoyed reading it because I like finding out different facts. It is a very interesting book, you should read it!*

**Frazer - Joe, Year 3**



### **Free Reader - Rise Up by Konnie Huq**

*'Rise Up' is a non-fiction book, which is packed full of life-stories from many famous celebrities such as Greta Thunberg. My favourite part of this book was learning about the fabulous feats of the Brazilian footballer - Pele. I learnt that his real name is actually Edson Arantes do Nascimento but his friends just nicknamed him Pele. Though he was poor, and from a deprived neighbourhood in Sao Paulo, he still grew up to be one of the best footballers ever! I would recommend this book to someone who enjoys reading about history and non-fiction.*

**Jorgie, Year 6**



# 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 **17/03/23**.

### Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	88.8%	0
Willow	96.7%	1
Kandinsky	93.6%	1
Matisse	95.8%	1
Lowry	93.5%	3
Van Gogh	93.7%	2

### Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	91.7%	1
Roald Dahl	94.8%	4
JK Rowling	93.9%	0
J Wilson	96.1%	2
Elgar	94.8%	1
Mozart	90.6%	1
Beethoven	94.2%	0
Vivaldi	89.0%	1

Congratulations to **Willow Class**, and **Jacqueline Wilson Class** for having the **best attendance** this week.

Well done to **Elm Class**, **JK Rowling Class** and **Beethoven Class** for having **no lates**!

Our whole school attendance this week:

**93.2%**

## 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 - Safe & Healthy Online Habits
LETTERS:	13.03.2023 - Rescheduled Kandinsky Class Assembly 13.03.2023 - Little Acorns Easter Crafts 13.03.2023 - Great Oak Nursery Easter Crafts 13.03.2023 - Reception Easter Crafts 14.03.2023 - Year 4 Residential Packs 16.03.2023 - Lowry Class Assembly
MESSAGES VIA PARENTAPPS:	13.03.2023 - Extra Club 14.03.2023 - Easter Chocolate Raffle Tickets 15.03.2023 - Dangerous Parking & Driving

# 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
Monday	20/03/23	2.30pm	Holi Assembly - Kandinsky Class RESCHEDULED
Monday	20/03/23	9.00am – 10.00am 1.45pm - 2.45pm	Reception Easter Crafts Session
Tuesday	21/03/23	10.30am - 11.15am 2.00pm - 2.45pm	Little Acorns Easter Crafts Session
Wednesday	22/03/23	10.30am - 11.15am 2.00pm - 2.45pm	Great Oak Easter Crafts Session
Thursday	23/03/23	8.30am - 10.30am	Coffee Morning
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
Monday	20/03/23	2.30pm	Kandinsky Holi Assembly RESCHEDULED
Thursday	23/03/23	2.30pm	Lowry Wesak Assembly
Thursday	30/03/23	2.30pm	Mozart Easter Assembly

## EASTER CRAFT WORKSHOPS!

Please see timings below for the scheduled Easter Craft Workshops:

Reception: Monday 20th March 2023  
9.00am - 10.00am or 1.45pm - 2.45pm

Little Acorns: Tuesday 21st March 2023  
10.30am - 11.15am or 2.00pm - 2.45pm

Great Oak Nursery: Wednesday 22nd March 2023  
10.30am - 11.15am or 2.00pm - 2.45pm

**Please keep an eye out for more information for KS1 and KS2 regarding their sessions.**

## 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 · 🌐

Good news  
spaces available for  
year's 1,2 & 3 girls  
training Friday evening  
6.30pm-7.30pm  
#wearethackleyjuniors

[CLICK HERE FOR MORE  
INFORMATION](#)

## Easter Adventures at East Riddlesden Hall

Make your way along the trail and find nature-inspired activities for the whole family. Enjoy an Easter treat at the end of the trail!

BOOKING NOT NEEDED FREE EVENT (ADMISSION APPLIES)

Join us at East Riddlesden Hall from the 1 - 16 April for our Easter Trail! Complete the 10 activities from barrow racing to building a giant nest!

Don't forget to collect your Easter treat at the end!

This year we are supplying an allergy friendly egg which will be suitable for people with milk, egg, gluten, peanut and tree nut allergies.

A full ingredient list is available on request.



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



5

WEDNESDAY, 5 APRIL 2023 FROM 11:00-12:00 UTC+01

## Half Term Family Rave BRADFORD

The Underground Bradford - Live Music Venue

Wed, 5 Apr Wed, 5 Apr



**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

FOUNDED BY the sleep charity

IN PARTNERSHIP WITH Furniture Village

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# NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is about Safe & Healthy Online Habits.

## Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

### WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

### REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

### PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

### MAKE POSITIVE LIFESTYLE CHOICES

- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

### KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

### GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

### Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Inqwe Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



**National Online Safety®**  
#WakeUpWednesday

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