

NEWSLETTER

FRIDAY 12TH JULY 2024



TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

WELL DONE YEAR 6!

We would like to say a huge well done to our Year 6 children for their SATs results this week. We are so proud of how hard they have all worked and we are really pleased with their achievement's.



RECEPTION TRIP

Reception had a fantastic time at Thornton Hall Farm. We fed the sheep and cows, held a little rabbit and had lots of fun on the bouncing pillows and caterpillar ride!



EYFS AND KS1 FUN DAY!

The children in Early Years and Key Stage 1 had a great afternoon during our annual Fun Day!



50 THINGS TO DO...BRADFORD!

Click [here](#) to access the 50 Things website for engaging and exciting ways to keep the children entertained over the summer holidays.

The screenshot shows the website's navigation bar with links for 'Welcome', 'Before You're Five', 'Ages Five to Eleven', 'About', and 'Get Involved'. Below the navigation is a large blue banner with the text 'Welcome to... Bradford'. The main content area is split into two columns. The left column is for '50 things to do before you're five' and features a pink background with the text '50 exciting, open-ended ideas for play for children aged 0-4. Discover your favourites together!' and three buttons: 'Get Started', 'Local Events', and 'Download the Mobile App'. It includes two photo thumbnails: '#8 Bubbles!' and '#30 The Thrill of it All'. The right column is for '50 things to do ages five to eleven' and features a yellow background with the text '50 engaging and fun activities for play for children aged 5-11. Discover your favourites together!' and three buttons: 'Get Started', 'Local Events', and 'Download the Mobile App'. It includes two photo thumbnails: '#36 The Thrill of it All' and another one partially visible.

PENALTY SHOOT OUT!

We raised an amazing £5000 for the Bradford City penalty shoot out. The prizes have been ordered and will be given out next week.



BRADFORD LIBRARY SUMMER READING CHALLENGE



Children can get creative with this year's Summer Reading Challenge, Marvellous Makers!

The Summer Reading Challenge is a **free** holiday activity for children. It's all about reading for fun, aiming to improve children's reading skills and confidence. The Challenge runs every year throughout the summer holidays, and all children aged 4-11 are welcome to take part!

Children can read anything they like (really – anything!) and collect free rewards for their reading. Just pop in to your local library to sign up.

This year's Challenge is all about creativity. From dance to drawing, junk modelling to music, there's something for everyone! Children will be able to find new reads linked to their favourite creative arts, and access free activities at the library. We can't wait to get creative! The Summer Reading Challenge is developed by The Reading Agency and delivered in partnership with public libraries. This year's theme has been developed in partnership with Create, a leading charity bringing the creative arts to those who need it most. The bespoke illustrations for Marvellous Makers are created by the brilliant illustrator, Natelle Quek.

The Challenge starts on Saturday, 6 July.

BRADFORD LIBRARY SUMMER READING CHALLENGE



Join in NOW!

Take on the Summer Reading Challenge!

This year it is all about getting CREATIVE. Music, junk-modelling, photography, dancing, story-writing... the possibilities are endless.

Discover fantastic new books, unlock rewards along the way, and achieve something amazing this summer.

Create your profile or sign in on the home page.

[Meet the characters!](#)



Illustrations by Natelle Quek and logo artwork by Lizzie Everard. All © The Reading Agency 2024.



BRADFORD LIBRARY SUMMER READING CHALLENGE

DIARY EVENTS...

MON 22 JULY

Burley Library

Crafty Calligraphy With David Slater
10.30am – 12noon

TUE 23 JULY

Keighley Library

Spoon Puppets Workshop
11am – 12noon

WED 24 JULY

Manningham Library

Collage Fun With Nature
12.15pm – 1.15pm

Eccleshill Library

Scrapbook Bookmarks
2pm – 3pm
Booking Essential

THU 25 JULY

Menston Library

Learn To Knit Or Crochet 11am
Booking Essential

Ilkley Library

Flower & Book Origami
& Treasure Hunt
2pm – 3pm

FRI 26 JULY

Bolling Hall Library

Stories, Rhymes & Bookmark
Craft
10.30am – 11.30am

Manningham Library

Making Music & Finger Puppets
1.30pm – 2pm

TUE 30 JULY

Keighley Library

Butterfly Feeders
11am – 12noon

WED 31 JULY

Manningham Library

Design Your Own Fabric Bag
12.15pm – 1.15pm

THU 1 AUGUST

Bolling Hall Library

Stories & Book Cover Craft
10.30am – 11.30am

Heaton Library

Puppet Making Fun
10.30am – 12.30pm

City Library

Crazy Hats Craft Day
2.30pm – 3.30pm

FRI 2 AUGUST

Bingley Library

Papier Mache Fun Part 1
2.30pm – 3.30pm
Booking Essential

MON 5 AUGUST

Manningham Library

Pressed Flowers/Leaves
Bookmark
12.15pm – 1.15pm

Eccleshill Library

Upcycled Jigsaw Art
2pm – 3pm
Booking Essential
Age range 3+

TUE 6 AUGUST

Clayton Library

Create Butterfly Feeders
10am

Keighley Library

Air Dry Clay Crafting
11am – 12noon

WED 7 AUGUST

Shipley Library

Lego Make Build
10.30am – 11.30am

Ilkley Library

Rock Painting & Create Your
Own Comic
10am-11am

City Library

Pom Pom Spider Fun
2.30pm – 3.30pm

THU 8 AUGUST

Menston Library

Paper Sculpting
11am
Booking Essential

FRI 9 AUGUST

Bolling Hall Library

Stories, Rhymes & Puppet
Making
10.30am – 11.30am

Bingley Library

Papier Mache Fun Part 2
2.30pm – 3.30pm
Booking Essential

SAT 10 AUGUST

Wibsey Library

Make Your Own Solar System
Mobile 11am

MON 12 AUGUST

Shipley Library

Papier Mache Hot Air Balloons
2pm-3pm

TUE 13 AUGUST

Keighley Library

Crafting With Wool
11am – 12noon

Eccleshill Library

Fabric Painting Canvas Bags
10.30am – 11.30am
Age range 4+
Booking Essential

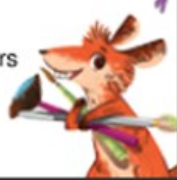
Heaton Library

Junk Modelling
2pm – 4pm

WED 14 AUGUST

Silsden Library

Craft Day
Crochet For Beginners, Origami,
Card Making, Spinning Wheel
Game & Marbling
1.30pm – 3.30pm
Age range 5 – 12 years
Booking Essential



BRADFORD LIBRARY SUMMER READING CHALLENGE

Manningham Library

Air Dry Clay Moulding
12.15pm – 1.15pm

THU 15 AUGUST

Bolling Hall Library

Stories, Rhymes & Puppet
Making
10.30am – 11.30am

Menston Library

Decorate Fabric Bags
11am
Booking Essential

FRI 16 AUGUST

Wyke Library

Dance Monkey – Crafty Fun
1pm – 2pm

SAT 17 AUGUST

Wibsey Library

Paper Weaving
11am

MON 19 AUGUST

Manningham Library

Making Wreaths & Nature Hunt
12.15pm – 1.15pm

TUE 20 AUGUST

Keighley Library

Jigsaw Picture Frames
11am – 12noon

WED 21 AUGUST

City Library

Crafting Puppets –
Puppets Parade
2.30pm – 3.30pm

THU 22 AUGUST

Clayton Library

Rock Painting 10am

Heaton Library

Stone Painting
10.30am – 12.30pm

Burley Library

Story Bees with Maddie Coelho
2pm – 3pm

FRI 23 AUGUST

Bolling Hall Library

Stories, Rhymes & Origami
Bookmark Craft
10.30am – 11.30am

Bingley Library

Decorate Your Own T-shirt/Bag
11am – 12noon
Bring your own t-shirt/bag
Booking Essential

SAT 24 AUGUST

Wibsey Library

Decorate Your Own
Memories Box
11am

TUE 27 AUGUST

Keighley Library

Paper Crafting
11am – 12noon

WED 28 AUGUST

Manningham Library

Finale Multi-Creative Fun Day
– Poetry Writing, Story Writing,
Designing Your Own Book
Cover, Painting Fun, Making
Bracelets 12noon-1.30pm

THU 29 AUGUST

Bolling Hall Library

Stories & Creative Comic Making
10.30am – 11.30am

Wyke Library

Minecraft Crafty Creations
1pm – 2pm

SAT 31 AUGUST

Wibsey Library

Make your own paper mask
11am

Bradford Libraries:

Baildon.....	01274 581425
Bingley.....	01274 438780
City.....	01274 433600
Clayton.....	01274 880689
Eccleshill.....	01274 431544
Ilkley.....	01943 436225
Keighley.....	01535 618212
Laisterdyke.....	01274 434724
Manningham.....	01274 435353
Shipley.....	01274 437150
Wibsey.....	01274 435446
Wyke.....	01274 431598

Community Managed Libraries:

Addingham.....	01943 436230
Allerton @ Cafe West.....	01274 488499
Bolling Hall.....	07582 108216
Burley.....	01943 863714
Denholme.....	07743 228797
Great Horton.....	01274 431583
Heaton Hub.....	07582 102546
Idle Library @ Wright Watson.....	01274 952057
Menston.....	01943 876539
Queensbury.....	07582 109225
Silsden.....	01535 654131
Thornbury.....	01274 666984
Thornton.....	01274 833442
Wilsden.....	07485 118026

All telephone numbers correct at time of press.

For up to date contact details and opening times please visit
www.bradford.gov.uk/libraries

UNIFORM CHANGES SEPTEMBER 2024



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

Monday 8th July 2024

Dear Parent/Guardian

Please see the updated information below regarding school uniform. The changes will come into effect from September.

Uniform	PE Kit
<ul style="list-style-type: none">• White or light blue polo shirt or blouse/shirt• Black or grey school tailored trousers• Black or grey skirt, pinafore or Salwar Kameez• Royal blue sweatshirt with/without school logo• Royal blue cardigan with/without school logo• Black/grey/white plain tights <p style="text-align: center;">Alternative – Summer Uniform</p> <ul style="list-style-type: none">• Black or grey knee length shorts• Blue gingham summer dress	<ul style="list-style-type: none">• Plain white t- shirt• Plain black, navy or grey shorts• Plain black, navy or grey leggings• Plain black, navy or grey joggers• Plain black, navy or grey sweatshirt—without logos• Trainers for outdoor PE <p>All children in Key Stage 2 (Years 3 - 6) can come to school in their PE kit on their allocated days.</p>

Pupils must wear either black school shoes or black trainers (entirely black) for school.

During bad weather, if pupils come to school in wellies or boots, they must bring black school shoes or trainers to change into.

Please note that from September children DO NOT need to wear pumps in school.

Yours sincerely

Clare Pugh
Headteacher

NEW CLASS & CLASS TEACHER

SEPTEMBER 2024

<u>Current Class</u>	<u>New Class</u>	<u>New Teacher</u>
Elm Class Mrs Laycock	Kandinsky Class	Mr Birkinshaw
Willow Class Miss Nazir	Matisse Class	Miss Arif
Kandinsky Class Mr Birkinshaw	Van Gogh Class	Miss Broadbent
Matisse Class Miss Atkins	Lowry Class	Mrs Normington
Lowry Class Mrs Normington	Anne Fine Class	Miss Shaw
Van Gogh Class Miss Broadbent	Roald Dahl Class	Miss Broomfield/Mrs Gawthorpe
Anne Fine Class Miss Shaw	Michael Morpurgo Class	Mrs Taylor
Roald Dahl Class Mrs Taylor/Mrs Gawthorpe	JK Rowling Class	Miss Bailes
JK Rowling Class Miss Bailes	Mozart Class	Miss Aslam
Jacqueline Wilson Class Mr Doogan	Elgar Class	Mr Gibbs
Elgar Class Mr Gibbs	Vivaldi Class	Mr George
Mozart Class Mrs Ryder	Beethoven Class	Mr Doogan

SHARING YOUR NEWS!

We would like to say a huge well done to Cooper in Year 3 who played an excellent game of rugby last weekend and received a special certificate for 'Player of the Match' after scoring 5 try's! Brilliant effort Cooper!

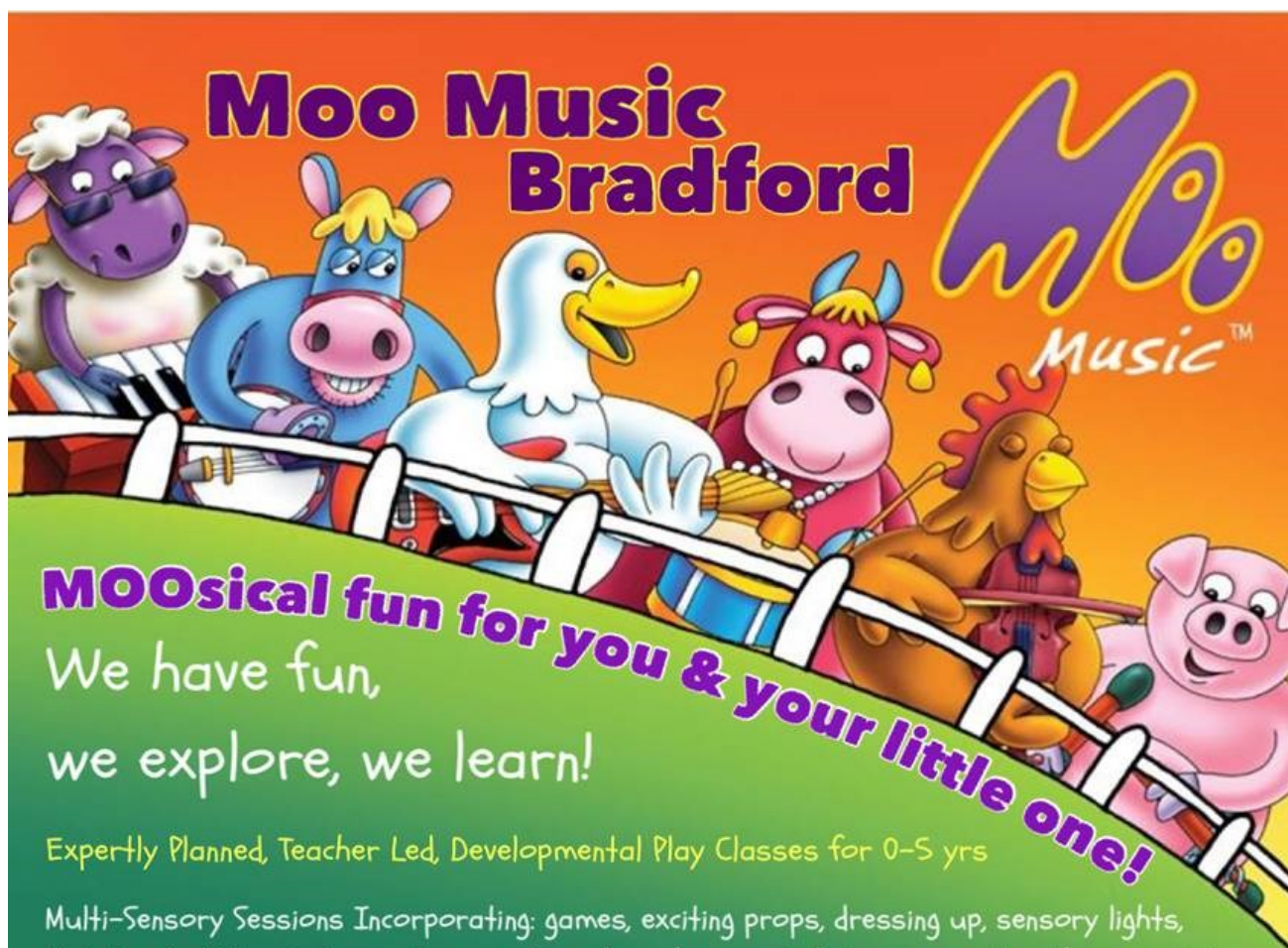


If you have any news about your child's achievements that you would like to share in our newsletter, please speak to your child's class teacher!

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



MOO MUSIC BRADFORD



MOOsical fun for you & your little one!

We have fun,
we explore, we learn!

Expertly Planned, Teacher Led, Developmental Play Classes for 0-5 yrs

Multi-Sensory Sessions Incorporating: games, exciting props, dressing up, sensory lights, Makaton, bubbles, instruments puppets, and much more to bring our exciting themes alive!

Inspired by the seasons and in line with Early Year's Guidance

Fridays September, 2024

Swain House Primary School:

Radcliffe Avenue BD2 1JL

Mixed@ 11-11.45

Baby@ 12.15-1.00

Contact Farmer Sally:

07431 502 401

sallyr@moo-music.co.uk



Follow us on:



Visit: moo-music.co.uk/areas/bradford

MYHAPPYMIND APP

The myHappyMind app has been updated and now includes some new features—kids zone, myHappyMind games and mini master classes for parents .



Download your FREE myHappyMind Parent App



...An online resource to support you and your family to learn more about how you can use myHappyMind to support your child.



myHappyMind for Parents

Exclusively for parents with children at a myHappyMind School or Nursery.



Learn all about what your children are learning in school



YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP

107220

COMMUNITY NEWS

MINI CAMP

£10 PER DAY

AGES 5-7

**29TH JULY - 16TH AUGUST
MONDAY - FRIDAY**

FOLLOW THE LINK BELOW TO SECURE YOUR SPOT:
www.yacad.co.uk/summer-camp-booking

FUNDED PLACES AVAILABLE
If you are on free school meals or pupil premium you may be eligible. To see if your eligible register through the HAF portal below:
<https://bradford.haf.fun/login>

WRAP AROUND CHILDCARE AVAILABLE

FOR ANY QUERIES CONTACT JESS@YACAD.ORG

**LOCATION: CO-OP ACADEMY PARKLAND,
OLD PARK ROAD, BD10 9BG**










Bolton Woods Centre

FREE for children on FSM

Holiday Club

10-2pm

Forest School

Fun activities

Outdoor play

3 Weeks of fun

Week 1:- 23rd - 26th July
Week 2:- 5th - 9th August
Week 3:- 12th - 16th August

To register visit
<https://bradford.haf.fun/login>

or contact jo:-
07397688773
jo@allstarents.co.uk








Marvellous Makers

Get creative with this year's Summer Reading Challenge

Register at any library within the Bradford District for a Marvellous Makers folder with stickers and incentives to collect. Read 6 books to receive a medal!

WORKSHOPS...

DANCE FOR LIFE
Fun family dance sessions, which are about being inclusive, physically active, and creative. For ages 4 - 12 years.
Thornton Library Thu 25 Jul 11.45am
Shiplay Library Thu 1 Aug 11am
Eccleshill Library Thu 8 Aug 11am
Silsden Library Thu 15 Aug 11am
Manningham Library Thu 22 Aug 11am

DANCE FOR LIFE
Join us every Thu to work on a short dance routine to perform. Suitable for ages 8 - 12.
Keighley Library Every Thu at 2pm
25 Jul - 22 Aug

AUTHOR/ILLUSTRATOR KEV PAYNE!
Join author, illustrator and poet Kev Payne for a fun-filled, interactive poetry and illustration workshop - complete with a ukulele and puppets! Suitable for children aged 4 - 12 years. Booking essential.
Manningham Library Tue 30 Jul 11am
City Library Tue 30 Jul 2.30pm

BRADFORD MUSEUMS & GALLERIES
It's time for Art Adventures! Learn about different looks and styles whilst crafting your own captivating children's book covers. Suitable for children aged 4-12 years.
Manningham Library Thur 25 Jul 10.30am-12.30pm






CREATIVE ARTS SUMMER CAMP

£10 PER DAY

AGES 8-15

COME AND JOIN!

**29TH JULY - 23RD AUGUST
MONDAY - FRIDAY**

HERE'S THE LINK TO BOOK:
www.yacad.co.uk/summer-camp-booking

FUNDED PLACES NOW AVAILABLE
IF YOU ARE ON FREE SCHOOL MEALS OR PUPIL PREMIUM YOU MAY BE ELIGIBLE TO SEE IF YOUR ELIGIBLE REGISTER THROUGH THE HAF PORTAL BELOW:
<https://bradford.haf.fun/login>

ANY HAF ENQUIRIES EMAIL:
JESS@YACAD.ORG

**YACAD STUDIO'S,
ST LUKE'S C OF E
PRIMARY SCHOOL,
FAGLEY LN, BRADFORD, BD2 3NS**

Yorkshire Academy of Creative Arts & Dance








COMMUNITY NEWS



Have your child's seat checked for FREE

Friday, 6 September 2024

11am - 4pm

Asda Car park

Rooley Lane, Bradford, BD4 7SR



www.goodeggcarsafety.com

goodeggsafety

In partnership with



Working in collaboration with



Supported by



Have your child's seat checked for FREE

Thursday, 11 July 2024

11am - 4pm

Morrisons Car park

Rushton Avenue, Thornbury, Bradford BD3 7HZ



www.goodeggcarsafety.com

goodeggsafety

In partnership with



Working in collaboration with



Supported by



The Centre for Emotional Health

The Nurturing Programme

Information for parents and carers

How to get the best out of family life



The 10-week Nurturing Programme for parents and carers

Where:

Thackley Primary School
Town Lane, Thackley
BD10 8PJ

When:

Course begins
Tuesday 24th September 2024
9.30am

Contact details:

Kate Bainbridge
admin@thackleyschool.com
01274 414437



familylinks.org.uk
Registered charity 1062514

Course Information Session

Tuesday 16th July 2024 9.30am

Come along and join us for an informal chat, a coffee and a biscuit. Find out a little more about the course we will be running in September. You do not need to be a Thackley Parent to join us. Everyone welcome! Contact Kate Bainbridge (details above) with any questions.

What is the Nurturing Programme?

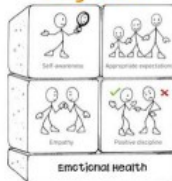
Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life.

A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.



The Building Blocks of the Nurturing Programme



What does it cover?

Over the 10-week Programme, you will look at lots of different topics, including:

- Understanding** why children behave as they do
- Recognising** the feelings behind behaviour (ours and theirs)
- Exploring** different approaches to discipline
- Finding** ways to develop co-operation and self-discipline in children
- Learning** the importance of looking after ourselves

How Nurturing Programme Parent Groups have helped other parents

"I am a much more confident, positive and understanding parent. I feel much more able to cope now."

"We are having less family arguments and the household is a lot calmer."

"The group was fun. It's the only two hours I have for myself each week."

"The atmosphere was really relaxed. No-one judged anyone and everyone was listened to and respected."

Partners are welcome and it's also fine to come on your own or with a relative or friend.

There are ten 2-hour sessions with a tea and coffee break.

6-10 parents are invited and there are two Family Links trained group leaders.

Some groups provide a crèche; check with group leaders beforehand.

You need to come to all ten sessions as they fit together like a puzzle.

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 **12/07/2024**

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	90.0%	2
Willow	95.2%	1
Kandinsky	93.1%	1
Matisse	83.7%	3
Lowry	96.3%	3
Van Gogh	89.0%	1

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	94.3%	1
Roald Dahl	92.9%	1
JK Rowling	93.9%	2
J Wilson	93%	1
Elgar	94.7%	2
Mozart	91.6%	6
Beethoven	92.3%	1
Vivaldi	91.4%	0

Congratulations to **Lowry Class** for having the **best attendance** this week.

Well done to **Vivaldi Class** for having no lates!

Our whole school attendance this week:

92.3%

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 - 'Promoting Physical Wellbeing'
LETTERS:	08.07.24 - New Classes 08.07.24 - Uniform Changes September 2024 09.07.24 - Price Increase for Clubs 09.07.24 - Summer Disco 09.07.24 - Olympics Day 12.07.24 - Collection of Work Books 12.07.24 - The Uniform Shop 12.07.24 - Reports to Parents
MESSAGES VIA PARENTAPPS:	09.07.24 - Extra Club Friday 19th July 10.07.24 - School Reading & Library Books 12.07.24 - Year 5 Homework

COMING UP IN SUMMER TERM

COMING UP THIS HALF TERM

ANY NEWLY ADDED ITEMS WILL BE IN BLUE

DAY	DATE	TIME	EVENT
Thursday	18.07.24	All Day	Year 2 Caribbean Theme
Friday	19.07.24	N/A	School Closes
Tuesday	03.09.24	N/A	School Reopens

TRANSITION MEETINGS

Please see the dates for our transition meetings where you can meet your child's new class teacher.

Year group	Date
Current Reception moving to Year 1	Wednesday 17 th July
Current Year 1 children moving to Year 2	Thursday 18 th July
Current Year 2 children moving to Year 3	Monday 8 th July
Current Year 3 children moving to Year 4	Thursday 11 th July
Current Year 4 children moving to Year 5	Tuesday 9 th July
Current Year 5 children moving to Year 6	Wednesday 10 th July

SUMMER DISCO

Swain House Primary
School



Tickets £1.50

THURSDAY 18TH JULY 2024

5.30-7.00PM



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 Armitage, one of our learning mentors.

SUMMER TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	18.07.24	1.45pm	Year 6 Leavers Production

MENU 15/07/24

Swain House Primary School WEEK 3

W/C
22nd Apr, 13th May,
3rd June, 24th June,
15th July

MENU

For full allergen & nutritional
information head to
<https://schoolmeals.bradford.gov.uk>



the **food**quarter

Choose from...

MON

- Homemade Cheese & Onion Pastry
- Savoury Roll
- Jacket Potato with Cheese & Tuna
- Jacket Potato with Cheese
- Cheddar & Mozzarella Hot Baguette



- Roast Potatoes
- Seasonal Vegetables, Assorted Individual Salads

Desserts...

- Iced Bun
- Freshly Prepared Fruit

Choose from...

TUE

- Meat Lasagne
- Halal Pasta Bolognese
- Afabiatto Pasta
- Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

- Garlic Bread
- Seasonal Vegetables, Assorted Individual Salads

Desserts...

- Banana Mousse
- Freshly Prepared Fruit

Choose from...

WED

- Braised Sausage
- Halal Cottage Pie
- Cheese & Potato Flan
- Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

- Creamed Potatoes, Yorkshire Pudding
- Seasonal Vegetables, Assorted Individual Salads

Desserts...

- Syrup Sponge
- Freshly Prepared Fruit

Choose from...

THUR

- Cheese & Tomato Pizza
- Assorted Sandwiches

- Jacket Potato Wedges
- Baked Beans, Assorted Individual Salads

Desserts...

- Individual Ice Cream Tub
- Freshly Prepared Fruit

Choose from...

FRI

- Fish Fingers
- Vegetable Pakoras
- Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

- Chips
- Seasonal Vegetables, Assorted Individual Salads

Desserts...

- Chocolate Sponge
- Freshly Prepared Fruit

Suitable for...



VEGAN



VEGETARIAN



HALAL



BRITISH STANDARD

FM
CATERING
SERVICES



NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is all about 'Promoting Physical Wellbeing'

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 PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



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