

NEWSLETTER

FRIDAY 1ST JULY 2024



TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

GREAT OAK NURSERY TRIP TO SWITHENS FARM

Last Friday, Great Oak Nursery visited Swithens Farm. The children were so excited to see lots of the animals they had been learning about in the week. They fed goats, ponies, cows, pigs, emus and alpacas! They rode on Tony's tractor and played in the adventure playground! The children were so well behaved and had a fantastic time.



OUR NEW POND

We are working on exciting ways to learn outdoors. We were really keen to improve our pond so the children have the opportunity to use it for a variety of learning opportunities



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

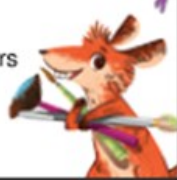
Heaton Library

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

UPPER KEY STAGE TWO FOOTBALL

Our Upper Key Stage Two boys and girls teams showed incredible determination, teamwork and skills during their recent matches against Blakehill Primary School. The girls came out victorious, winning 1-0 after a wonder goal! The boys showed brilliant sportsmanship and resilience to draw 2-2. We are so proud of how they all worked together, represented the school impeccably and, most importantly, had fun!



READING PLANET REVIEWS!

As part of our 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.



Mal the Mischievous Mermaid - Venus

I really enjoyed this book because Mal is very cheeky and likes to play pranks on people. I would recommend this book to other children as it's quite funny and made me laugh!

Daisy—Year 3

Bunny vs Monkey - Free reader

This book is about a monkey that is evil and a skunk who is an inventor. The skunk is helping the monkey to annoy the bunny and take over the world and destroy the whole of the solar system. I like this book because it has got really good humour and is in the style of a comic book. I would recommend this book to anybody that likes comics and enjoys funny books.

Jessica—Year 6



**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@ 10.45-11.30

Baby@ 12-12.45

Contact Farmer Sally:

07931 502 901

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

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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

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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 **05/07/2024**

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	96.8%	3
Willow	94.8%	0
Kandinsky	97.5%	0
Matisse	93.3%	2
Lowry	95.0%	1
Van Gogh	92.6%	2

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	94.6%	2
Roald Dahl	96.8%	1
JK Rowling	91.9%	1
J Wilson	96.7%	2
Elgar	91.7%	3
Mozart	91.6%	1
Beethoven	97.7%	0
Vivaldi	95.9%	1

Congratulations to **Elm Class, Kandinsky Class, Roald Dahl Class, Jacqueline Wilson Class and Beethoven** for having the **best attendance** this week.

Well done to **Willow Class, Kandinsky Class and Beethoven Class** for having no lates!

Our whole school attendance this week:

94.8%

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 - 'Fair Play and Friendly Competition'
LETTERS:	03.07.24 - KS2 Sports Day
MESSAGES VIA PARENTAPPS:	04.07.24 - Scooters and Bikes 05.07.24 - 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
Monday	08.07.24	1.30pm	KS1 Fun Day
Thursday	11.07.24	All day	Year 1 Trip - Yorkshire Wildlife Park
Thursday	11.07.24	1.30pm	KS2 Sports Day
Friday	12.07.24	All Day	Year 2 Trip - Sheffield Butterfly House
Friday	12.07.24	All Day	Year 4 Trip - Jorvik Centre
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 08/07/24

Swain House Primary School WEEK 2

W/C
15th Apr, 6th May,
27th May, 17th June,
8th July

MENU

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



in **food quarter**

Choose from...

MON

- Cheese Pasta Bake
- Soya Pasta Bolognese
- Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

- Garlic Bread
- Assorted Individual Salads

Desserts...

- Oat Cookie
- Freshly Prepared Fruit

Choose from...

TUE

- Mild Chicken Curry
- Halal Chicken Doplaza
- Quorn & Veg Fried Rice
- Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

- Rice, Naan Bread
- Seasonal Vegetables, Assorted Individual Salads

Desserts...

- Individual Ice Cream Tub
- Freshly Prepared Fruit

Choose from...

WED

- Savoury Mince in Yorkshire Pudding
- Halal Chicken Roll
- Cheese Rolls
- Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

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

Desserts...

- Cornflake Tart
- Freshly Prepared Fruit

Choose from...

THUR

- Cheese & Tomato Pizza
- Assorted Sandwiches

- Chips
- Baked Beans, Assorted Individual Salads

Desserts...

- Flapjack
- Freshly Prepared Fruit

Choose from...

FRI

- Fish Fingers
- Quorn Sausage in a Bun
- Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

- Jacket Potato Wedges
- Seasonal Vegetables, Assorted Individual Salads

Desserts...

- Chocolate Sponge
- Freshly Prepared Fruit

Suitable for...



FM
CATERING
SERVICES



NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is all about 'Fair Play and Friendly Competition'

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 FAIR PLAY AND FRIENDLY COMPETITION

In school sports, fair play and friendly competition are important for character development. Fair play embodies respect and integrity while good-natured competition balances rivalry with camaraderie. This guide addresses potential challenges – like the pressure to win – and offers practical tips on instilling values of fair play and cultivating a positive sporting environment for young athletes.

1 LEAD BY EXAMPLE

Parents, carers and teachers should try to exemplify fair play: demonstrating respect for opponents, coaches and officials. Children frequently learn by observing adult behaviour, so displaying a sense of fair play sets a powerful precedent for them to follow in their own actions on and off the field.

2 EFFORT OVER OUTCOME

Encourage children to focus on giving it their all, rather than basing their entire performance on whether they win or not. This fosters a growth mindset, where the journey and the process of improvement are valued just as much as the end result. It also reduces the pressure to "win at all costs", which can be a harmful outlook in some situations.

3 SET CLEAR EXPECTATIONS

Establish clear guidelines and expectations for behaviour before, during and after sporting events. Ensuring that children understand what is considered acceptable conduct helps prevent misunderstandings and promotes a positive, respectful atmosphere.

4 HIGHLIGHT COOPERATION

Underline the value of teamwork and cooperation in achieving success. Success isn't just about individual achievements, but about how well the team communicates, encourages each other and works together towards a common goal. A strong focus on cooperation fosters camaraderie and mutual support among players.

5 DISCUSS ACCEPTING DEFEAT

Help children to understand that they can't win every contest – that losing occasionally is a natural part of both sport and life in general. Teaching them to accept defeat graciously and learn from their mistakes promotes resilience, humility and the ability to bounce back stronger from setbacks. Taking a loss in one's stride is also an admirable trait and can help children and young people garner respect in their future life.

6 ENCOURAGE INCLUSIVE PARTICIPATION

Promote an environment where all children feel welcome and valued, regardless of their skill level. Prioritise the importance of participation and enjoyment over winning, creating a supportive atmosphere where every child can thrive and develop their abilities without unnecessary pressure.

7 FOSTER CONFLICT RESOLUTION SKILLS

Teach children how to resolve conflicts peacefully and respectfully, both on and off the field. Providing them with strategies for effective communication and problem-solving helps build stronger relationships and enhances their ability to navigate challenges, which can be a huge boon to them throughout their adult lives.

8 TEACH RESPECT

Emphasise to children the importance of respecting everyone involved in the game, regardless of the outcome. Respect for your teammates, opponents, coaches and officials helps to create a positive, inclusive sports environment where everyone can feel valued and appreciated.

9 GIVE CONSTRUCTIVE FEEDBACK

Offer feedback that focuses on areas for improvement rather than unfiltered criticism. Praise what a child has done well and advise on how to improve, rather than simply pointing out shortcomings. Encouraging a growth mindset and highlighting progress helps children to develop confidence, resilience and a desire to continue striving for excellence.

10 CELEBRATE GOOD SPORTSMANSHIP

Try to avoid solely drawing attention to children's physical performance on the field. Recognise and celebrate acts of sportsmanship, fair play and kindness, too. By spotlighting positive behaviour, you reinforce the importance of such conduct and inspire children to practise this in the future, creating a culture of respect and camaraderie within the sports community that does wonders for morale.

Meet Our Expert

Caroline Holder is a PE consultant based in Staffordshire. Having worked across all age ranges delivering PE in schools, she now trains teachers and works with schools to develop their provision and ensure it achieves maximum impact for pupils. She passionately believes in the impact that PE, sport, and activity can have on children.



#WakeUpWednesday

The National College

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

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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