

NEWSLETTER

FRIDAY 31ST JANUARY 2025



TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

BAKING FUN!

During the last few weeks the life skills group have been improving their baking skills, they have chosen a recipe, made a list of ingredients they would need to buy and cooked the perfect cookie dough pizzas!



ATTENDANCE AND PUNCTUALITY

At Swain House Primary School we believe that good attendance and punctuality are key to your child making good progress at school. Our aim is that all children have attendance at 95% or above.

The information below shows how attendance can affect your child's future progression.

Above 96%: Less than 8 days absence a year (0 to 44 hours of learning lost)

Excellent attendance! These pupils will almost certainly get the best grades they can, leading to better prospects for the future. Pupils will also get into a habit of attending school which will help in the future.

95% - 95.9%: Less than 10 days absence a year (0 to 55 hours of learning lost)

These pupils are likely to achieve good grades and form a habit of attending school regularly, but are less likely to do as well as a child with attendance above 96%. Pupils who take a 2 week holiday every year can only achieve 95% attendance.

94.9% and lower to 90%: 10 to 19 days absence a year (55 to 105 hours of learning lost)

Pupils with attendance below 95% have attendance below the national average and they are at risk of missing key lessons in a sequence of lessons and may find it hard to keep up with their work. They may find this level of attendance, particularly if it is erratic, adversely affects their friendship groups as pupils play with other children when they are absent.

90% and lower: 19 or more days absence a year (at least 105 hours of learning lost)

The Government identifies pupils with attendance below 90% as "Persistent Absentees", and it will be almost impossible to keep up with work. Parents of pupils in this group could also face the possibility of legal action being taken by the Local Authority.

If your child is absent due to illness, school will ask for supporting documents. Some examples of evidence that could be used are: Prescriptions, Appointment Cards, Doctor's Notes, etc. Please ensure any routine appointments are made out of school hours. If this evidence is not supplied when your child returns after an illness or medical absence, your child's absence will be recorded as "**unauthorised**".

Please could I remind you of the importance of getting your child to school on time. The doors open at **8.30am and close promptly at 8.40am**; if you arrive after this time until 9am, your child will be classed as late. Any child that arrives after 9am will receive an unauthorised absence mark and this will affect their attendance percentage. High levels of unauthorised absences or poor punctuality will result in a referral to Bradford Education Safeguarding Attendance Team.

Children who arrive at school late are greatly disadvantaged because they miss starting the day with their peers and the beginning of lessons. This means that they are often unsettled and confused about tasks. It is essential that you ensure that your child arrives at school on time to prevent disruption to your child's own learning and that of others. It is also very important that children establish good routines and habits in preparation for the rest of their lives. Punctuality is a life skill that they need to develop whilst they are young.

Please remember that we also run a Breakfast Club which is available to children from **Great Oak Nursery to Year 6 from 7.30am**.

SAFER INTERNET DAY

SAFER INTERNET DAY

Tuesday 11th February 2025



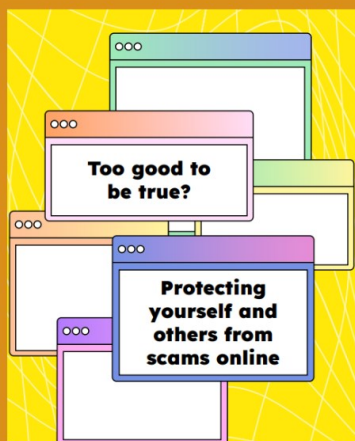
'Too good to be true? Protecting yourself and others from scams online.'

This year Safer Internet Day will be focusing on the issue of scams online and for young people, how to protect themselves and others, as well as what support is available to them.

Safer Internet Day is the UK's biggest celebration of online safety. Each year we cover an online issue or theme that speaks about the things young people are seeing and experiencing online.

AT SWAIN HOUSE...

The children from Reception to Year 6 will be taking part in a range of activities within their classrooms linked to this year's topic. There will be a whole school assembly in the morning to talk about the day!



For more information about how you can support your child at home please visit the website <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2025/tips-for-parents-and-carers>

CAREERS

This year, we are keen to promote jobs and careers in order to raise and broaden the pupils' aspirations for the future. We aim to inspire the children, challenge stereotypes and boost their knowledge and confidence about what their futures could look like.

Each half term, there will be a Careers page in the newsletter to support this.



'Career of the Half Term...'

What is your job title?

Catering Manager

What do you do?

I cook all dinners and puddings for children. I also run the tuck shop.

What do you wear for your job and why?

I wear a full uniform, protective clothing, shoes and a hair net. This is for health and safety as well as to look smart while we do our job.

How long have you been doing this job?

I've been in this particular job for ten years, but have been a cook for 28 years.

Why did you choose this particular career?

I enjoy feeding people and cooking food.

What is your favourite part of the job?

Seeing the children at lunch time every day and seeing them enjoy their food.

Mollie and Isaac have interviewed Sonia Travis who works in the school kitchen and also supports with After School Club.

SHARING YOUR NEWS!



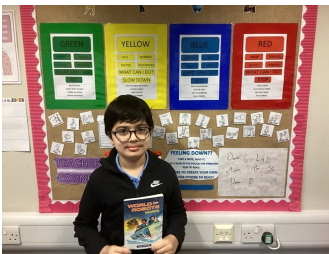
Dale in Year 4 has been awarded a trophy from his football club. This was for his great dribbling and defending, as well as scoring a goal in a recent game.— well done Dale!

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!

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.

World of Robots - Hijack—Joe Craig



This is a book about Jango and his Grandad who are stuck on an Island and everyone else has left and the robots are now invading and it is left for them to try and stop them. My favourite part is the plan they come up with to try and defeat the robots. You would enjoy this book if you like books about : Robots and adventure stories.

Reyhan—Year 5

Not so Ordinary—Earth Level

I like this book because it tells you secrets behind everyday objects and what some of our gadgets were like in the past. I would recommend this book to others because it's very interesting with lots of great pictures and photographs.

Mollie—Year 4



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



CHILDREN'S MENTAL HEALTH WEEK

TIPS FOR FAMILIES

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



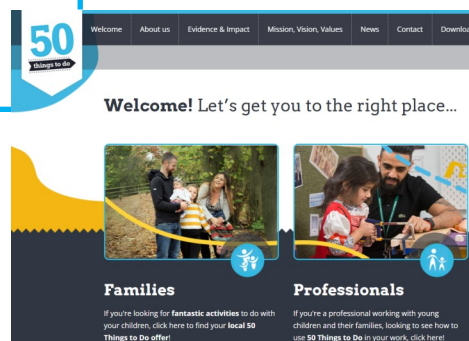
50 THINGS TO DO BEFORE YOU'RE FIVE



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.

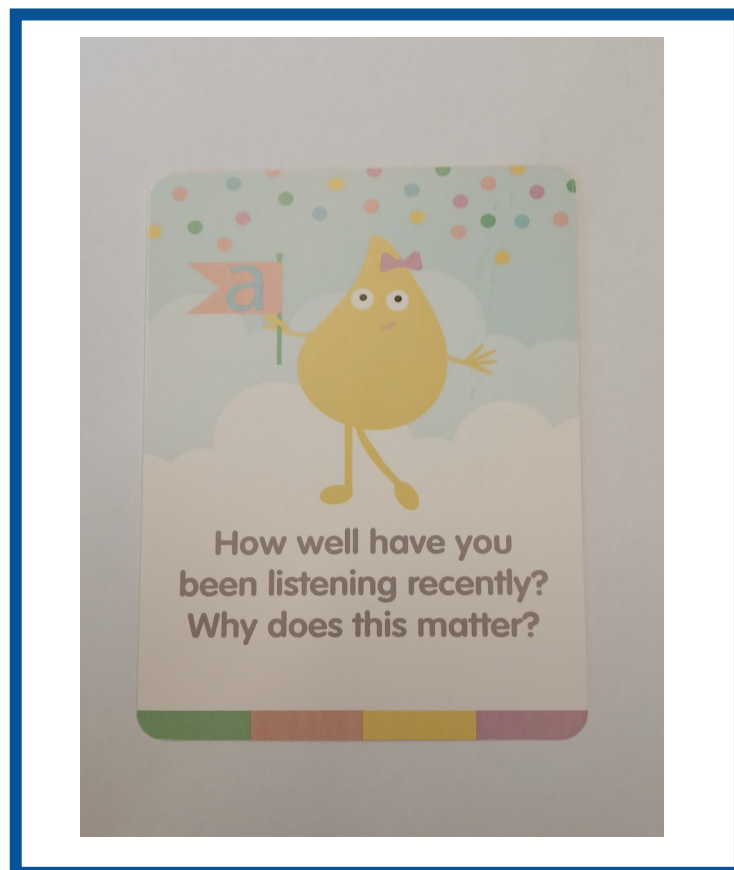
MYHAPPYMIND

OUR CONVERSATION CARD OF THE WEEK



Enjoy a conversation!

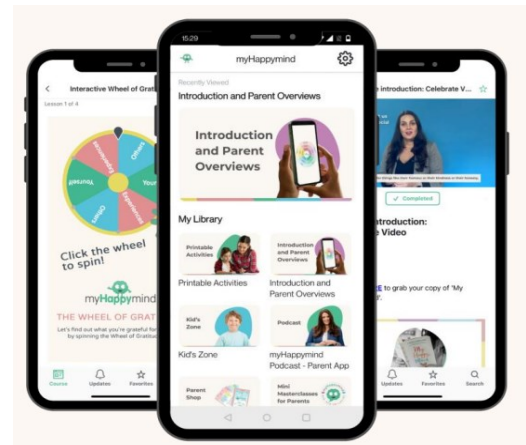
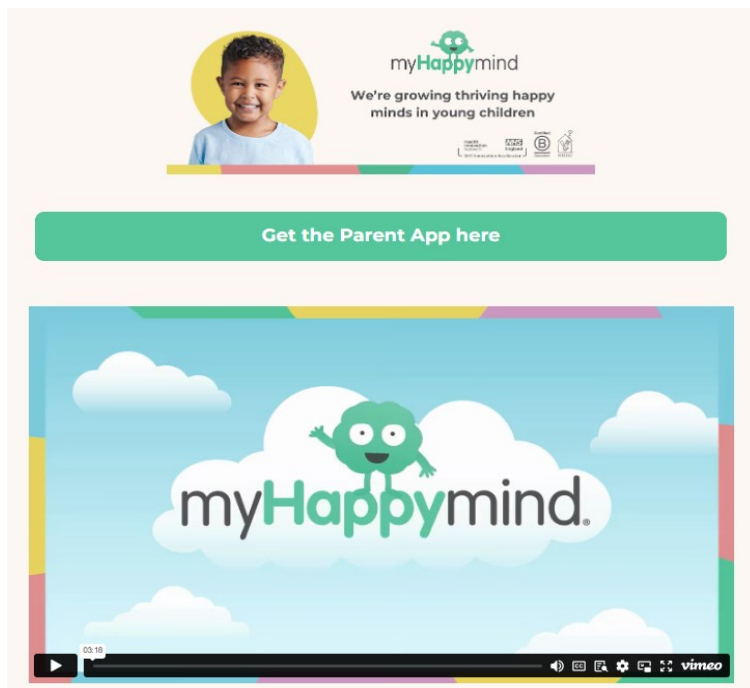
Each week we will share a conversation card. These are designed to help you have meaningful and fun conversations with your child and aid discussions about mental health and happiness.



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 **31/01/25**.

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	91.2%	6
Willow	91.7%	5
Kandinsky	99.4%	2
Matisse	98.7%	0
Lowry	98.3%	3
Van Gogh	97.4%	0

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	93.8%	1
Roald Dahl	93.8%	1
JK Rowling	99.4%	2
Michael Morpurgo	94.2%	5
Elgar	95.2%	1
Mozart	96.5%	3
Beethoven	89.0%	3
Vivaldi	92.5%	1

Congratulations to **Kandinsky Class** and **JK Rowling Class** for having the **best attendance** this week.

Well done to **Matisse Class** and **Lowry Class** for having no lates!

Our whole school attendance this week:

95.2%

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

WEBSITE UPDATES:	National Online Safety - 'Wake Up Wednesday' guide from National Online Safety is about 'Health and Fitness apps'.
LETTERS:	29.01.25 - Children's Mental Health Week 29.01.25 - Year 5 Industrial Museum Visit - Rearranged Date 30.01.25 - Elgar Class Assembly
MESSAGES VIA PARENTAPPS:	30.01.25 - Message from the School Immunisation Team

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

Here for Youth
Bradford District Council

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



Bradford District and Craven
Health and Care Partnership



Bradford District Care
NHS Foundation Trust

Parent/Carer Support Group

Supporting Emotional and Mental Health

Tuesday 25th
February

10:30am or
7:30 pm

Held on
MS Teams
Please email the address below

THIS MONTHS TOPIC: LIVING A HEALTHIER LIFE WITH YOUR CHILD: WITH MY LIVING WELL SERVICE

Are the demands of modern life a barrier to you and your family living a healthier life? Do you want to know the connections between food, being active and our mental wellbeing? Do you want to discuss healthy living with your child and/or family but not sure where to start? Join this session for support around living healthy, the barriers, difficulties and challenges this may bring.



✉ mhstparentsupport@bdct.onmicrosoft.com



FEBRUARY FOOTBALL CAMPS AT MARLEY STADIUM AND CRAWSHAW ACADEMY

ALL ABILITIES AGES 5-14 10AM-3PM

MARLEY STADIUM: 17th, 18th, 19th FEBRUARY

CRAWSHAW ACADEMY: 20th, 21st FEBRUARY

WWW.BRADFORDCITYCF.ORG.UK/CAMPS



All staff involved in the camps have received an enhanced DBS check and are qualified to a minimum of FA level 2 or 3. They are also qualified in FA Emergency Aid and FA Safeguarding Children, as well as having completed school curriculum-based qualifications.



COMING UP THIS TERM

SPRING TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	06.02.25	2.30pm	Elgar Class Assembly
Tuesday	11.02.25	2.30pm	Van Gogh Class Assembly - Rearranged
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



Careers week—3rd-8th March 2025

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
Monday - Friday	03.02.25 - 09.02.25		Mental Health Week
Friday	07.02.25		Non Uniform Day
Tuesday	11.02.25		Safer Internet Day

MENU 03/02/25

	MON	TUES	WED	THUR	FRI
WEEK 2	<p>Spicy Vegetable Spring Roll (Served with Riata, Jacket Wedges, Salad or Sweetcorn)</p> <p>Halal Meat Lasagne (Served with Garlic Bread & Salad)</p> <p>Vegetarian Lasagne (Served with Garlic Bread & Salad)</p> <p>Assorted Baguettes</p> <p>Flapjack</p> <p>Freshly Prepared Fruit</p>	<p>Meat Chilli (Served with Rice & Salad)</p> <p>Halal Chicken Jalfrezi (Served with Pilau Rice & Salad)</p> <p>Pomodoro Pasta (Served with Fusilli Pasta, Crusty Bread & Salad)</p> <p>Assorted Jackets</p> <p>Honey Cake (Sponge Cake topped with Honey, served with Custard)</p> <p>Freshly Prepared Fruit</p>	<p>Roast Meat (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy)</p> <p>Cheese Roll (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy)</p> <p>Quorn Roast Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy)</p> <p>Assorted Baguettes</p> <p>Lemon Shortcake (Served with Custard)</p> <p>Freshly Prepared Fruit</p>	<p>Cheese & Tomato Pizza with Wedges (Served with Jacket Wedges, Coleslaw & Salad)</p> <p>Loaded Vegetable Pizza (Served with Jacket Wedges, Coleslaw & Salad)</p> <p>Assorted Jackets / Sandwiches</p> <p>Chocolate Sponge (With Chocolate Sauce)</p> <p>Freshly Prepared Fruit</p>	<p>All Day Brunch (Sausage, Scrambled Egg, Baked Beans, Chips or Hash Brown & Bread and Butter)</p> <p>MSC Fish Fingers (Served with Chipped Potatoes & Baked Beans or Salad)</p> <p>All Day Vegetarian Brunch (Quorn Sausage, Scrambled Egg, Baked Beans, Chips & Bread and Butter)</p> <p>Assorted Sandwiches</p> <p>Volcano Buns (Cookies with a Jam / Lemon filled middle)</p> <p>Freshly Prepared Fruit</p>

NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is about 'Supporting Children to Develop Emotional Literacy'.

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

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

- 1 NAME THE EMOTION**

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.
- 2 MODEL EMOTIONAL EXPRESSION**

Demonstrate healthy emotional expression by sharing your feelings openly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.
- 3 MINDFULNESS ACTIVITIES**

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.
- 4 USE STORYTELLING**

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.
- 5 PRACTISE EMPATHY**

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.
- 6 ENCOURAGE JOURNALING**

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.
- 7 TEACH PROBLEM-SOLVING**

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.
- 8 CREATE A SAFE SPACE**

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.
- 9 USE VISUAL AIDS**

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.
- 10 CELEBRATE EMOTIONAL GROWTH**

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforce the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

Meet Our Expert
Adam Gillen is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.

Wake Up Wednesday

The National College

[@wake_up_weds](https://twitter.com/wake_up_weds) [/www.thenationalcollege](https://www.facebook.com/www.thenationalcollege) [@wake.up.wednesday](https://www.instagram.com/wake.up.wednesday) [@wake.up.weds](https://www.tiktok.com/@wake.up.weds)

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