

# NEWSLETTER

FRIDAY 14TH FEBRUARY 2025



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ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

## MRS PUGH'S TEA PARTY!

It was time for the third of Mrs Pugh's special Afternoon Tea Parties this week, with a child from each class being chosen to attend.

Each child had been chosen by their class teacher for having a fantastic half term. There were lots of reasons why the children were invited such as for being kind and polite and having lovely manners, making great behaviour choices and for being amazing role models to others.

Mrs Pugh is looking forward to her fourth Afternoon Tea Party at the end of the Spring term!



# SWIMMING AT SWAIN HOUSE!

Sadly we have come to the end of swimming at Swain House for this year! We are so proud of how the children have adapted to having a pool in school for the first time and swimming everyday. We have loved seeing how much the children have progressed.

Hopefully we will be having the pool back again in September!

Here are some quotes from the children about how much they enjoyed their swimming lessons!

“It’s been really fun I can swim now!”

“It was really good and I’m really going to miss going swimming everyday!”

“I’ve learnt new strokes and can now swim 25 metres”

“The swimming teacher has helped me to swim on my back”

“I thought I couldn't swim on my back but I can now!”

“When I started swimming I could only swim on my back but now I can swim 25 metres on my front and hold my breath for longer.”



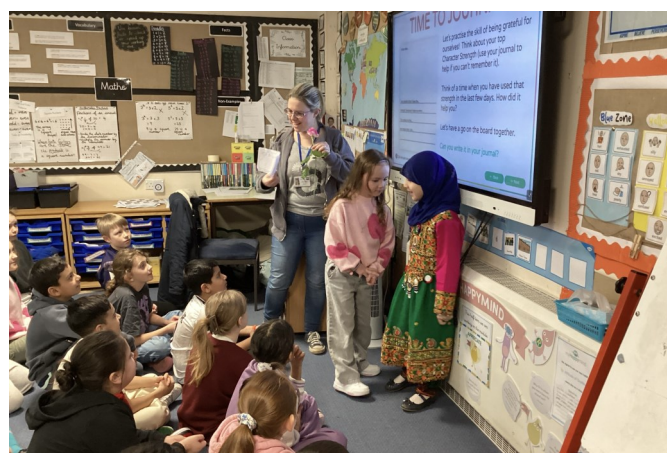
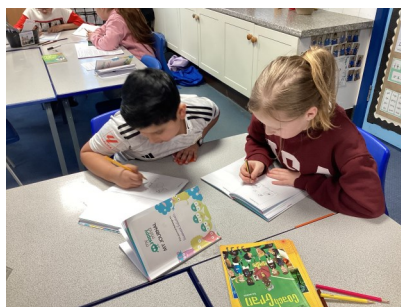
# YEAR 5 VISIT TO THE INDUSTRIAL MUSEUM

Year 5 had a great time at the Industrial Museum last Friday, learning what life was like for a Victorian child!



# CHILDREN'S MENTAL HEALTH WEEK

Last Friday we had a special day about Children's Mental Health Week. We completed activities and came to school dressed in clothes that expressed our personalities. We raised £165 for Place2Be children's mental health charity.



# YEAR 4 SAXON WORKSHOP

Year 4 thoroughly enjoyed their Anglo-Saxon workshop this week. Richard from the History Squad brought the era to life through his storytelling and artifacts. The children were engaged and excited throughout and loved handling objects, some of which were over 1500 years old!



# YEAR 2 MULTI SKILLS FESTIVAL

Year 2 took part in a Multi Sports Festival at Carlton Bolling. They took part in many activities such as cone dash, relay racing, bean bag throw and many more. They showed great sportsmanship throughout the event and left the festival with a smile on their faces. Well done Year 2!



# SHARING YOUR NEWS!



Dolly in Year 3 has been awarded a special certificate and medal for being 'Learner of the week' in her boxing class. Well done Dolly we are really proud of you!

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

# HAPPY MATERNITY LEAVE TO YOU!



We would like to say goodbye to Mrs. Butters who is leaving us today for her maternity leave.

We are looking forward to meeting baby Butters when they come to school to visit us!

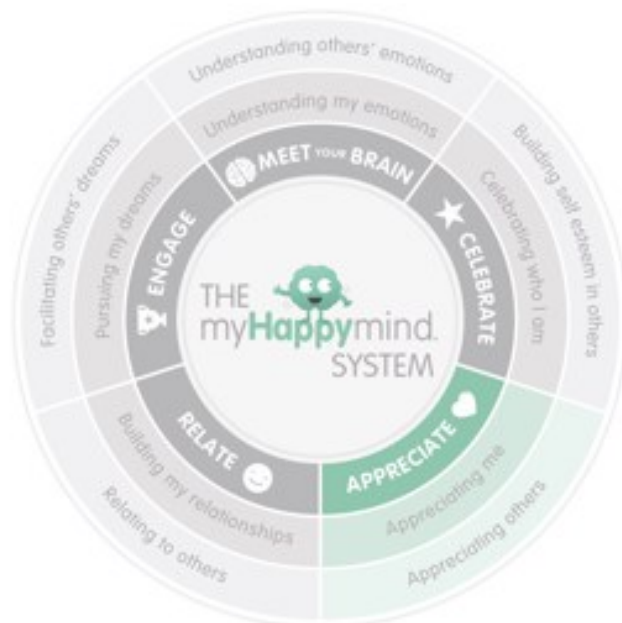
**CLICK THE ICON TO SEE REGULAR UPDATES  
ON OUR FACEBOOK PAGE!**



# MYHAPPYMIND - APPRECIATE



## APPRECIATE PARENT NEWSLETTER



# MYHAPPYMIND—APPRECIATE

## Appreciate

We have just come to the end of the Appreciate module in the myHappyMind programme. The children have learnt so much through this module including:

- How to develop an Attitude and Gratitude.
- How to be grateful for others, experiences and ourselves.
- How giving and receiving gratitude makes us feel.

**Why not ask your children to tell you what they have learnt. Here's some questions to help you:**

- What have you been grateful for today and how did you show it?
- What are the 3 categories from the Wheel of Gratitude?
- How does it make you feel when you give and receive gratitude?

### Support your child at home:

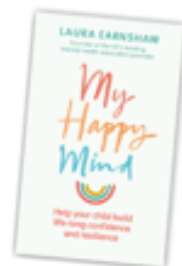
Log onto the parent app for more information about the Appreciate module and how you can support your child at home.

There are lots of activities you can do together at home including creating a thankful tree together, listening to the story and song, plus much more.

To access these materials just go to <https://myhappymind.org/parent-resources> and enter your name, email, and authentication code.

Your authentication code is 107220

Want to learn more? Check out our founder Laura Earnshaw's best selling book on [Amazon](#).



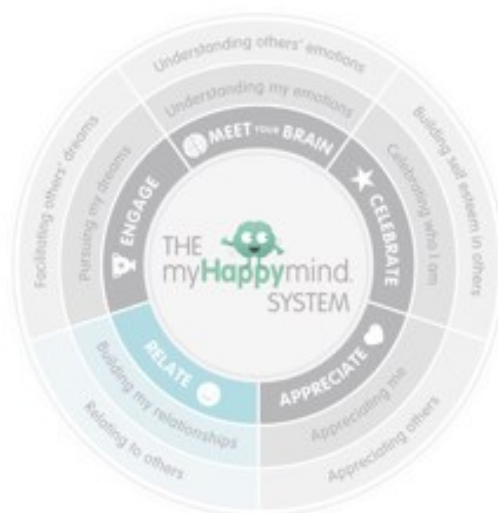


# MYHAPPYMIND—APPRECIATE

Our Happiness Heroes will be leading the way next half term by helping Mrs Pugh deliver the assembly about our next module - Relate

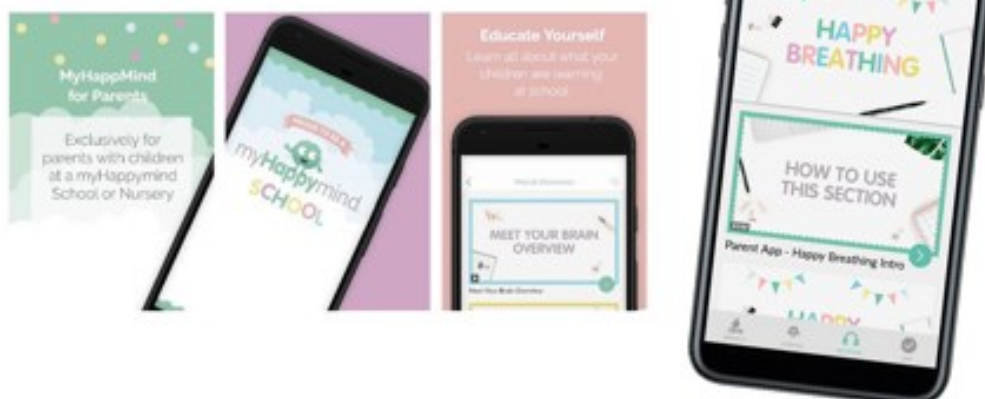
## What's up next?

The next module is called Relate. Here we will be learning all about how to build positive relationships with others and why relationships are so important to our well-being.



You can sign up with the app here by <https://myhappymind.org/parent-resources>.

Our schools URN is \_ 107220



# 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

# SPOTLIGHT ON SEND

(SPECIAL EDUCATIONAL NEEDS AND DISABILITIES)

Each half-term, we write a section on our school newsletter to keep parents and carers of pupils on the SEND register 'in the loop' about all things SEND related. We highlight support available in school and also resources and workshops available in the local area.

Mr George and Miss  
Broomfield

Keep updated with all things SEND at Swain House. Click [here](#) or scan the QR code.



## Speech, Language and Communication

Scan the QR code to access an online step-by-step guide to help your child with talking and communication (ages 0-5). It is full of fun and easy activities to try at home and

also a list

of 'play and learn' groups.



## Parents' Evening

Parents Evening was on Tuesday 28th January. At the meeting, you will have been updated on the progress your child is making and any additional support that is in place. Their termly targets are listed on their Pupil Profile.

If your child has an IEP (Individual Education Plan), you will have been given a copy at the meeting. The class teacher has written the IEP and set targets for your child to work on this term. We would really appreciate it if you could support your child at home with their targets. If you need any support or resources for this, please speak to your child's class teacher.

## SCIL Team Parents' Workshop Date:

**Strategies to support children with autism**

**Friday 7th March  
8:45—9:20**

Please enter via the  
Community Entrance

## Parent and Carer One-Minute Guides

The SEND Local Offer website provides valuable information and resources to parent carers. They offer guidance on understanding the SEND process, including assessments, Education, Health & Care plans (EHCP) and access to support services. Parents can access information about local schools, special educational provisions, and available financial assistance.

One Minute guides are short or 1 page documents that provide quick, simple and accessible information. You can find all Bradford's One Minute Guides below:

<https://localoffer.bradford.gov.uk/kb5/bradford-directory/one-minute-guides.page>



## Supporting an autistic child at home

Following on from our recent autism workshop, the NHS website has some fantastic guidance on supporting children at home.

<https://www.nhs.uk/conditions/autism/autism-and-everyday-life/help-for-day-to-day->



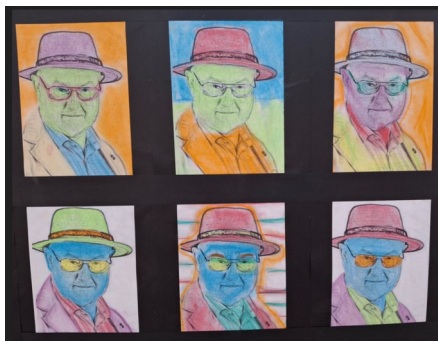
# BRADFORD CITY OF CULTURE 2025



The UK City of Culture is a title given to a different city every four years. The city is chosen to showcase its culture and arts, and to regenerate the area. This year it is Bradford's turn!

Bradford 2025 is taking place throughout Bradford District, which covers 141 square miles across West Yorkshire. It features performances, exhibitions, events and activities inspired by the extraordinary variety of this landscape, from the city's historic centre to the breath-taking countryside that surrounds it.

Most of all, it celebrates the people of Bradford, from local artists and creative organisations to the diverse communities who call Bradford home.



Children in years 5 and 6 created pictures of Robert Swindells and the library model.

Thank you to Mrs Littlewood, Mrs Mouatt, Miss Smith and Miss Njie for running the club! We are very proud of the work the children created!

This work is displayed at Eccleshill Library.

## School Project—Our Bradford



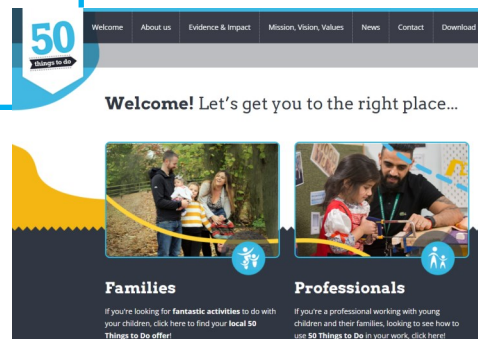
# 50 THINGS TO DO BEFORE YOU'RE FIVE



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 SESSIONS FOR YEARS 1 AND 2



As a school, we were very excited to be chosen to provide our parents/carers of children in Year 1 and Year 2 Family Maths sessions, here at school.

The sessions are fun and interactive, with the aim of giving 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. Here are some photos of our first session:



We still have one more session remaining if you would like to come along:

## **Session 3 – Tuesday 25<sup>th</sup> 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 the sessions please fill in and submit the form below by scanning the QR code or accessing the link <https://shorturl.at/uqHyO>:



For your 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.

# 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 **14/02/25**.

### Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	97.3%	2
Willow	93.5%	1
Kandinsky	95.3%	2
Matisse	96.8%	0
Lowry	100%	3
Van Gogh	99.0%	0

### Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	98.8%	1
Roald Dahl	89.6%	2
JK Rowling	94.9%	2
Michael Morpurgo	90.3%	0
Elgar	69.9%	1
Mozart	95.2%	3
Beethoven	96.1%	5
Vivaldi	93.5%	0

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

Well done to **Matisse Class**, **Van Gogh Class**, **Michael Morpurgo Class** and **Vivaldi Class** for having no lates!

Our whole school attendance this week: **93.5%**

## 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**.

<b>WEBSITE UPDATES:</b>	National Online Safety - 'Wake Up Wednesday' guide from National Online Safety is about 'BeReal'
<b>LETTERS:</b>	12.02.25 - Year 4 Residential - Nell Bank 12.02.25 - Year 2 Arctic Workshop 13.02.25 - Year 1 Skipton Castle 13.02.25 - JK Rowling Class Assembly
<b>MESSAGES VIA PARENTAPPS:</b>	11.02.25 - Year 4 PE

# 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**

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

THE  
PIECE  
HALL

## JOIN US ON OUR TRACTOR TRAIL

**AT THE PIECE HALL 15 - 19 FEB 2025**  
**11AM - 3PM - £3.50**

HELP, THE LOCAL FARMER'S ANIMALS ARE MISSING!  
THEY HAVE ESCAPED FROM THEIR FIELDS AND BEEN SPOTTED TROTTING ROUND THE BALCONIES HERE AT THE PIECE HALL.

CAN YOU HELP US TRACK THEM DOWN?

HEAD TO THE VISITOR CENTRE TO COLLECT YOUR SHEET THEN SEARCH ALL THREE FLOORS AND JOT DOWN WHERE YOU SPOT THEM.




THEPIECEHALL.CO.UK







### 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](mailto:mhstparentsupport@bdct.onmicrosoft.com)


 BRADFORD CITY  
COMMUNITY    FOOTBALL CLUB  
FOUNDATION

### 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](http://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	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



We would like children to come to school dressed as their favourite character from a book or dressed in pyjamas, ready for a bedtime story. Please do not buy anything new!



# REMINDERS

## BREAKFAST CLUB

Our Breakfast Club opens at 7.30am at a cost of £3.00 each per day or at 7.45am at the cost of £2.50 each per day. Children from Nursery to Year 6 can attend.

If you would like to book your child into Breakfast Club, please use ParentPay.

## AFTER SCHOOL CLUB

Our After School Club is available until 4pm at a cost of £2.50 each per day.

If you would like to book your child into After School Club, please use ParentPay.

## EXTRA CLUB

We also offer an Extra Club service that runs until 6pm at a cost of £4.50 per day.

If you would like to book your child into Extra Club, please use ParentPay.

**Please can you ensure that Extra Club places are booked and paid for in advance - by Monday morning. This ensures registers are accurate and places are booked and guaranteed.**

## COMING UP THIS TERM

ANY NEWLY ADDED ITEMS WILL BE IN BLUE

DAY	DATE	TIME	EVENT
Tuesday	11.02.25		Safer Internet Day
Thursday	06.03.25		World Book Day
Monday	24.02.25		School Reopens

# MENU 24/02/25

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

# NATIONAL ONLINE SAFETY

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

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about BEREAL

BeReal is the latest trending social media app. The concept is that people see others in their authentic day-to-day lives, sharing candid photos without editing or applying filters. Each day at a random time, users are simultaneously notified to take a picture of what they're doing at that exact moment. The two-minute window to submit an image means there's no time to select a particularly glamorous or exciting activity. BeReal shares two pictures: a selfie, and an image of the immediate surroundings. Users can only view and react to their friends' photos once they upload their own.

**13+**  
from the App Store & Google Play

### WHAT ARE THE RISKS?

#### CONTINUOUS NOTIFICATIONS

Like any social media app, BeReal's developers want users to be on it regularly and scrolling for long periods. BeReal only sends one notification to post a picture each day, but there are other alerts for events such as mentions, comments, friend requests and reactions to your photo. This can cause young users to feel pressure to open the app and respond, distracting them from other activities.

#### EASY LOCATION

BeReal's default setting is to share the exact location of where a post was sent from. Given that images are usually shared within the two-minute window, anyone your child is friends with on the app will know exactly where they are (or at least, where they were two minutes earlier). As we've noted, this could include strangers who are intending to use this geographical information for malicious purposes.

#### CONNECTING WITH STRANGERS

When someone signs up to BeReal, it highlights anyone in their phone's contacts list who already has the app – so users can connect with friends, or invite others from their contacts. The 'Discovery' feed, meanwhile, shows posts from strangers and gives users the option to add them as friends, too. This means your child could potentially connect with – and communicate with – a stranger.

#### VISIBLE PERSONAL DATA

As with any other form of social media, it's important that your child doesn't share too much personal information on their profile. BeReal allows for a photo, full name, approximate location and a short bio. It's safest to make sure that your child's profile doesn't display anything which could identify where they go to school or exactly where they live.

#### PUBLIC SHARING

As well as sharing posts with friends in the moment, the app also allows posts to be shared publicly and public content to be viewed. Before a user can see this public content, they must post their own photo first. Unfortunately, there currently seems to be a lack of moderation on the content that's being uploaded, so a young user could be exposed to posts which aren't suitable for their age.

#### REPUTATIONAL DAMAGE

What your child says and does online – their digital footprint – shapes the way that other people see them. It's essential that young people understand that when they post something online, they are giving the app in question the right to do whatever they wish with that image or content, including sharing it elsewhere. This form of permission is explicitly referenced in BeReal's terms of use.

### Advice for Parents & Carers

#### LIMIT NOTIFICATIONS

BeReal offers the option to turn off individual types of notification. Doing this will significantly reduce the number of times your child is tempted to open the app by incoming comments, uploads, friend requests and so on. Ironically, it will allow them to actually 'be real' by being present in the moment and their current environment as opposed to being engrossed on social media.

#### KEEP IT AMONG FRIENDS

Remind your child why adding strangers to their contacts isn't a good idea, and advise them to decline any friend requests from people they don't know in real life. If something your child sees on BeReal makes them feel uncomfortable, they can report it by clicking on the three dots in the top right. The reporting tool allows them to state the reason that they're flagging up the post.

#### STOP AND THINK

BeReal's goal is for users to be authentic with friends, removing the pressure of that flawless photo or perfectly worded post. It's still vital, though, that children stop and think rather than uploading something risky just to meet the two-minute deadline. Point out to them what kind of information strangers could extract from an image: school crests, street names or local landmarks, for example.

#### CREATE A SAFE PROFILE

Remind your child to use an avatar as their profile pic (as opposed to a photo of themselves) and use a nickname or just their first name, not their full name. Any information they add to their bio (which is optional) should be kept vague, and personal details should remain private. It's also worth turning off the geolocation feature either through the device's settings or in BeReal itself.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

**NOS** National Online Safety®  
#WakeUpWednesday

Sources: <https://be.real/en/privacy> | <https://be.real/en/terms>  
<https://be.real.com/privacy> | <https://be.real.com/terms> | <https://www.commonwealthmedia.org/capp-reviews/be-real>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) | [@natonlinesafety](https://twitter.com/natonlinesafety) | [/NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety) | [@nationalonlinesafety](https://www.instagram.com/nationalonlinesafety)

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