

NEWSLETTER

FRIDAY 4TH APRIL 2025



TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

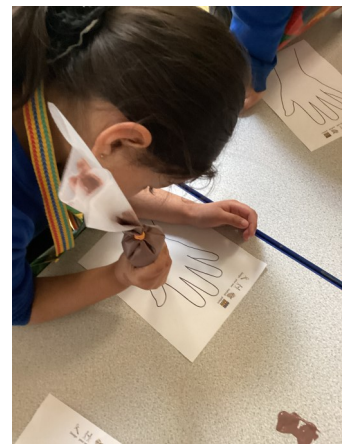
BELIEVE

PERSEVERE

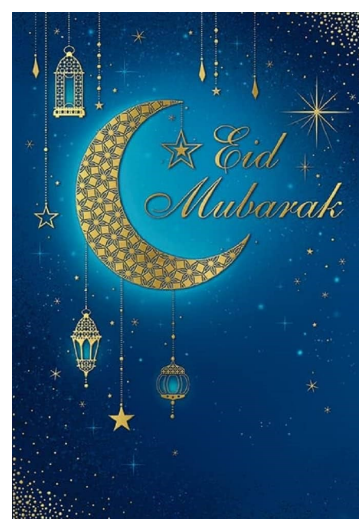
ACHIEVE

EID CELEBRATIONS!

We had a fantastic time celebrating Eid. The children enjoyed completing lots of exciting activities and learning about this special time for our families.



On Thursday the deaf children celebrated Eid with a joyful party, bringing everyone together for food, fun, and festivities. A highlight was one child confidently singing an Eid song, filling the room with warmth and happiness. Thank you to the parents for the delicious food contributions—the children had a wonderful time!



EASTER CRAFT SESSIONS!

Thank you to all our family members that have attended our Easter Craft sessions this year!



EASTER CHOCOLATE RAFFLE WINNERS!

Here are some of the winners of our Easter chocolate raffle. Thank you to everyone who bought a ticket and donated some chocolate - without you these events wouldn't be possible. If you have a winning ticket and haven't collected your prize yet, please collect from the main office. We raised an amazing £838!



EASTER EGG COMPETITION

The children had a great time decorating eggs in school this week. We were really impressed with their ideas and creativity.



OUR CHICKS!

Reception have had some very special fluffy visitors in their classroom! They have loved taking care and watching the chicks grow over the last two weeks. The children have learnt about the lifecycle of a chick and used a range of media and materials to create chick themed artwork.



500 NEW BOOKS!

We have been lucky to be part of the World of Stories programme through the National Literacy Trust. As part of this, we have been gifted 500 new books, new library furniture and a Yoto player.



GEOGRAPHY IN ACTION



At Swain House Primary School geography ignites curiosity within our children to inspire them to know more about their planet! Our Swain House centric curriculum allows children to build on their prior knowledge and skills to develop their understanding of the world around them.

Our children’s journey through school helps them to better understand different people and their environments. We believe that geography should take place in the real world. Our pupils experience this through our amazing school grounds, local visits, walks, school trips and residential.



In



“Continents and Castles” Year 1 explored the world’s continents and seas!



Year 3 learnt all about England’s cities and counties!



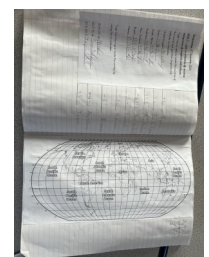
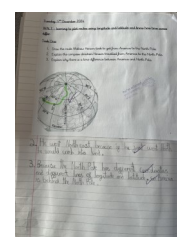
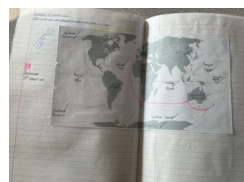
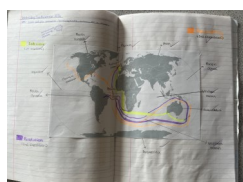
Year 4 took their learning into the local area to create sketch maps using their observational skills!

Year 5 have been learning all about the Alps!



In “Poles Apart”

Year 6 have been learning about different explorers whilst tracking their journeys across the globe.



50 THINGS TO DO BEFORE YOU'RE FIVE

This weeks activity is #20 Mini Artists. Please have a go at completing the activity and send any photos to 50things@swainhouse.bradford.sch.uk then we will share them in our weekly newsletter!

Try #20 Mini Artists on your poster, app or local website...

Find out more...

Let your child's imagination inspire their artistic masterpiece!

#20 Mini Artists

www.50thingstodo.org

50 things to do

Click [here](#) to access the 50 Things website to find out more about the activity or scan the QR code below



How to do it

Make marks outside with water, chalks on flagstones or paint on the back of old rolls of wallpaper. Chalk will wash away in the next rainfall, and the water marks might disappear before children have even finished their marks on a very hot day, as the water evaporates in the heat.

What you will need

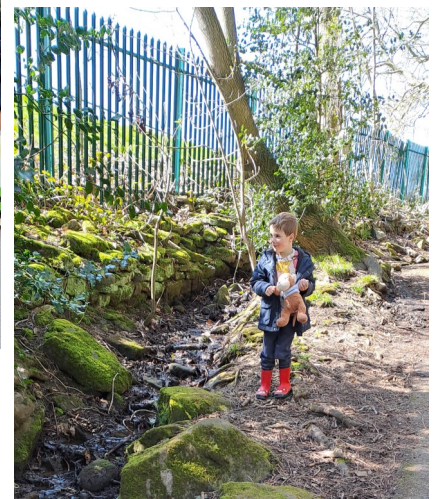
Water, chalks, paints, crayons, and paper. You can also use buckets, spray bottles, watering cans, brushes and sponges.

50 THINGS TO DO BEFORE YOU'RE FIVE

We are very excited to introduce you to Ludic, our Friends of 50 Things monkey. His name means 'spontaneous playfulness'. He loves to be around people, playing and having new experiences.



William in Great Oak Nursery took Ludic home for the weekend. They went to Shipley Glen and had a fantastic time! They went on a picnic, had a walk in the woods and explored the rocks. They made pictures using natural objects and even made a paper plate pond!



SHARING YOUR NEWS!

Lincoln in Year 2 received a football trophy for being named man of the match.

He proudly brought it to class to show his friends and we're all very proud of him.



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!

FINALLY...

We would like to wish you all a Happy Easter. We hope you have a restful holiday and we look forward to welcoming you back at the start of our Summer term on

Tuesday 22nd April 2025



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



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.



Neurodiversity Celebration Week

Neurodiversity Celebration Week is a worldwide initiative that challenges stereotypes and misconceptions about neurological differences.

We celebrated it in school with a whole assembly sharing information and awareness about neurodiversity. Scan the QR



Bradford SENDIASS

Bradford SENDIASS is for parents and carers of children and young people (0-25) with special educational needs and disabilities (SEND) in the Bradford area - and for their children too.

The staff help parents and children to work together with schools and the local authority so that they have a good understanding of what support is

needed and to make sure that it is put in place. We can also offer IASS around health and social care needs in relation to SEND.



Updated IEPs in School

Some children have an Individual Education Plan (IEP) in our school.

This IEP will be updated termly by their class teacher.

You will receive an updated copy shortly during parents' evening in Summer 1 term.

Holiday Activities and Food

Children on free school meals are eligible for a free place at a HAF holiday club during the Easter, summer and Christmas school holidays. HAF clubs provide free, fun activities and a healthy meal for eligible children, including children with SEND or additional needs.

Places are limited on the clubs so please book early to avoid missing out. Bookings are now open for the Easter holiday.

If your child is not on benefits-related free school meals, but has special educational needs or disabilities (SEND), then you will need to contact a club directly to ask if they have places available.

Details of all clubs and how to contact them, are on this link:

<https://www.bradford.gov.uk/education-and-skills/haf-holiday-activities-and-food-programme/find-holiday-activities-and-food-sessions-in-your-area/>



Department
for Education



Speech and Language

We are aware of the waiting lists for speech and language sessions via the NHS.

Please [click here](#) to access NHS resources to support your child at home.

If you are concerned about your child's communication skills, you can refer them for support using this link - [Click here](#)

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.



Relate

We have just come to the end of the Relate module in the myHappyMind programme.

We have learnt:

- Why relating to others is so important.
- How Active Listening can help us to build relationships with other people.
- How to see things from a different perspective.



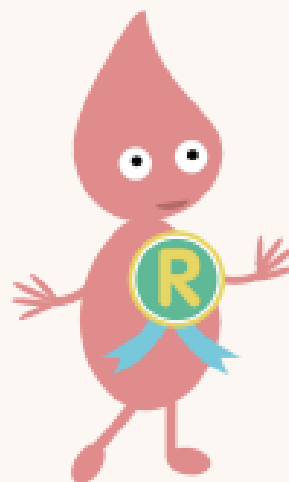
Relate

**Why not ask your children to tell you what they have learnt?
Here are some questions to help you:**

What is Active Listening? Can you tell me about the Active Listening checklist?

Can our Character Strengths help us relate and get along with others?

Why is it important to listen to others and see things from their perspective?



MYHAPPYMIND NEWSLETTER

Support your child at home

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

There are lots of activities you can do together including listening to the story and song, plus much more.

There is a whole Kid's Zone for your child to enjoy with interactive games. As well as resources for grown-ups too.

myHappyMind for Parents

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



Educate yourself

Learn all about what your children are learning in school



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

(Please contact your school for your authentication code.)

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

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 **04/04/25**.

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	77.2%	2
Willow	85.4%	0
Kandinsky	93.1%	3
Matisse	89.0%	1
Lowry	69.7%	0
Van Gogh	84.0%	1

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	89.0%	0
Roald Dahl	83.9%	2
JK Rowling	85.2%	1
Michael Morpurgo	80.0%	1
Elgar	87.7%	0
Mozart	81.0%	0
Beethoven	89.7%	2
Vivaldi	80.7%	0

Well done to **Willow Class, Lowry Class, Anne Fine Class, Elgar Class, Mozart Class and Vivaldi Class** for having no lates!

Our whole school attendance this week:

84.1%

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 - Wake Up Wednesday' guide from National Online Safety is about 'Instagram'.
LETTERS:	31.03.25 – Dog Mentor Programme 31.03.25 – Early Adopter Breakfast Club Scheme 03.04.25 – Wrose Carnival Club 03.04.25 – Roald Dahl Class Passover Assembly 03.04.25 – Year 1 Trip Yorkshire Wildlife
MESSAGES VIA PARENTAPPS:	02.04.25 – Year 3 PE 02.04.25 – Year 4 PE 04.04.25 – Year 5 Homework

COMMUNITY NEWS

RAVENSCLIFFE YOUTH CENTRE

GIRLS & YOUNG WOMENS GROUP

- Pampering
- Hair & Beauty
- Friendships
- Body Image
- Sexual Health
- Peer Pressure
- Puberty
- Healthy Living

TUESDAYS
6:30-8:30PM
AGES 13-19

01/04/2025
06/05/2025
03/06/2025

FOR MORE INFORMATION PLEASE
CONTACT YOUR LOCAL YOUTH WORKER
NICKY - 07582102432



RAVENSCLIFFE YOUTH CENTRE

TUESDAYS | 6:30 - 8:30PM | AGES 13-19

BOYS & YOUNG MENS GROUP

RELATIONSHIPS + CONSENT
SEXUAL HEALTH + PUBERTY
MALE EXPECTATIONS

8/04/2025 · 13/05/2025
10/06/2025

FOR MORE INFORMATION PLEASE CONTACT
YOUR LOCAL YOUTH WORKER
NICKY - 07582102432



Email: greg.hill@activefuture.info
Tel: 07733793170
www.activefuture.info
Active Future North Bradford



Easter Holiday HAF 25

WHEN April Half Term
Monday to Thursday
14th, 15th, 16th & 17th April 25
10am to 2pm
Year 1 to 7

WHERE **GOALS**
282 Kings Rd
Bradford
BD2 1JP

The HAF programme is **FREE** for parents whose children are entitled to benefit-related free school meals. **Please register @ >>>>**
<https://bradford.haf.fun/login>
The event will run over the first week of the April Half-Term, starting on Monday the 7th and ending on Thursday the 10th, from 10 am to 2 pm daily. For children who don't qualify for FSM and are keen to partake, we welcome you to join in the Easter Fun at a rate of £10 per day.
Weekly activities may include Nerf Games (Fortnite), Dodgeball, Arts and Crafts, Football, Pizza Making, and Lego. Your child will be treated to a hot meal, water, and juice each day.

BOOK NOW TO SECURE YOUR PLACE

Scan me!



Sign Up Here

Eccleshill Ward

YOUNG PEOPLE'S EASTER ACTIVITIES

Mon 7th April
5:30pm - 7:30pm / Ages 8-11 Yrs
Open Access @ Ravenscliffe YCC (Multi Sports, Cooking, Crafts)

Tues 8th April
Off Site Activity, Existing Members Only

Weds 9th April
1pm - 4pm / Ages 8-16 Yrs
Open Access @ Ravenscliffe YCC (Multi Sports, Baking, Crafts)

Thurs 10th April
1pm - 3pm / Ages 8-16 Yrs
Open Access @ Fagley Park (Multi Sports, Crafts, Team Games)

Mon 14th April
5:30pm - 7:30pm / Ages 8-11 Yrs
Open Access @ Ravenscliffe YCC (Multi Sports, Cooking, Crafts)

Tues 15th April
Off Site Activity, Existing Members Only

Weds 16th April
1pm - 4pm / Ages 8-16 Yrs
Open Access @ Ravenscliffe YCC (Multi Sports, Baking, Crafts, Easter Egg Hunt)

Thurs 17th April
1pm - 3pm / Ages 8-16 Yrs
Open Access @ Fagley Park (Multi Sports, Crafts, Team Games)

For further info, please contact Nicky on:
01274 641772 / 07582102432

COMMUNITY NEWS



Bradford District and Craven
Health and Care Partnership



Parent/Carer Support Group Supporting Emotional and Mental Health



Tuesday 15th
April



10:30am or
7:30 pm

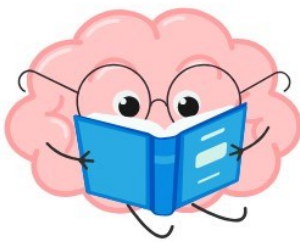


Held on
MS Teams

Please email the address below

THIS MONTHS TOPIC:

Helping Your Child with Exam Stress



Exam season can be a challenging time for children and young people. It can bring with it so many mixed emotions and feelings, such as stress and anxiety, which can be difficult for young people to manage. Please attend PSG to explore this topic with other parents incorporating some hints, tips and support from MHST during this time.



mhstparentsupport@bdct.onmicrosoft.com

COMMUNITY NEWS



Co-op Academy
Parkland
Yorkshire Academy of Creative Arts & Dance (YACAD)
Co-op Academy Parkland
Old Park Road
Bradford
BD10 9BG

Dear Parent/Guardian,

During the easter holidays Yorkshire Academy of Creative Arts & Dance are delivering an Easter Camp at Co-op Academy Parkland. We believe your child may be eligible for a FREE place.

Camp	Ages	Time	Location
Mini Camp	5-7	10.00am-3.00pm	Co-op Academy Parkland, Old Park Road, BD10 9BG
Main Camp	8-15	10.00am-3.00pm	Co-op Academy Parkland, Old Park Road, BD10 9BG

Mini Camp will run for two days per week, Tuesday and Thursday:

Week 1: Tuesday 8th April and Thursday 10th April only.
Week 2: Tuesday 15th April and Thursday 17th April only.

Main Camp will run for 4 days per week, Monday, Tuesday, Wednesday and Thursday:

Week 1: Monday 7th April - Thursday 10th April
Week 2: Monday 14th April - Thursday 17th April

To see if your eligible for a FREE HAF place, please register through the HAF portal below:

<https://bradford.haf.fun/login>

If you are eligible, you will need to register your child to a club. Please choose **Co-op Academy Parkland for Mini Camp** and **Yorkshire Academy of Creative Arts & Dance for Main Camp**. A member of our team will be in touch regarding the next step.

Every child must have an annual membership with us. This costs £10.00 and is valid till April 2026. You can pay for this on our website and fill in our membership form either before or on the first day of camp.

Kind Regards,

Jessica Leeming

Programme Development Manager (jess@yacad.org)



Co-op Academy
Parkland

Easter Activities - Co-op Academy Parkland

Tuesday 8th April	Thursday 10th April	Tuesday 15th April	Thursday 17th April
Beginners taster Ballet class 	Dance Acro 	Drama Workshop 'Smurfs' 	Music Madness
Lunch 12.30pm-1.30pm	Lunch 12.30pm-1.30pm	Lunch 12.30pm-1.30pm	Lunch 12.30pm-1.30pm
Aerial Silks 	Aerial Hoop 	Easter Baking 	Arts & Crafts Easter Bannets Competition Bunny Wooden Puppets

The following activities are for children aged 5-7. These sessions are run at Co-op Academy Parkland. The day runs from 10am-3pm (Lunch included). All attending must have a valid membership with Yorkshire Academy of Creative Arts & Dance. **Book Now:** www.yacad.co.uk/book-now.

COMMUNITY NEWS



Easter Activities - Yorkshire Academy of Creative Arts & Dance

	Monday 7th April	Tuesday 8th April	Wednesday 9th April	Thursday 10th April
AM - Applied Art	Animal Drawings 	Rice Maps 	Lino Printing 	Lino Printing 
AM - Aerial	Aerial Silks 	Aerial Silks 	Aerial Hoop 	Aerial Hoop 
PM - Dance	Cheerleading 	Contemporary 	Jazz 	Dance Acro 
PM - Creative Science	Melting Rabbit 	Playdough Volcano 	The Boat Challenge 	Human Body 

The following activities are for children aged 8+. These sessions are run at Co-op Academy Parkland. The day runs from 10am-3pm (Lunch included). All attending must have a valid membership with Yorkshire Academy of Creative Arts & Dance. **Book Now:** www.yacad.co.uk/book-now.



Easter Activities - Yorkshire Academy of Creative Arts & Dance

	Monday 14th April	Tuesday 15th April	Wednesday 16th April	Thursday 17th April
AM - Arts & Crafts	Catapults 	Ceramic Bird Feeders 	Arts & Crafts Easter Bonnets Competition 	Clay Modelling 
AM - Baking	Easter Biscuits 	Easter Egg Cups 	Lemon Cupcakes 	Easter Egg Nests 
PM - Performing Arts	High School Musical 	High School Musical 	Annie 	Annie 
PM - Music	Singing 	Percussion 	Ukulele 	Carousel 

The following activities are for children aged 8+. These sessions are run at Co-op Academy Parkland. The day runs from 10am-3pm (Lunch included). All attending must have a valid membership with Yorkshire Academy of Creative Arts & Dance. **Book Now:** www.yacad.co.uk/book-now.

COMING UP THIS TERM

SPRING TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	24.04.25	2.30pm	Roald Class – Passover Assembly
Thursday	08.05.25	2.30pm	Van Gogh Class – Wesak Assembly
Thursday	15.05.25	2.30pm	Kandinsky Class Assembly
Thursday	22.05.25	2.30pm	Year 4 Residential Assembly
Thursday	12.06.25	2.30pm	Mozart Class Assembly
Thursday	19.06.25	2.30pm	Elm Class Assembly
Thursday	26.06.25	2.30pm	Matisse Class Assembly
Thursday	03.07.25	2.30pm	Willow Class Assembly
Thursday	17.07.25	1.45pm	Year 6 Leavers Presentation Assembly

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	22.04.25		School Reopens
Thursday	01.05.25	3.15pm - 6.00pm	Parents Evening

MENU 21/04/25

Homemade bread, selection of seasonal vegetables or fresh salad served daily

Swain House Primary School

Wk 1 - 21st Apr, 12th May, 2nd Jun, 23rd Jun, 14th Jul, 1st Sep, 22nd Sep, 13th Oct
 Wk 2 - 28th Apr, 19th May, 9th Jun, 30th Jun, 21st Jul, 8th Sep, 29th Sep, 20th Oct
 Wk 3 - 5th May, 26th May, 16th Jun, 7th Jul, 28th Jul, 15th Sep, 6th Oct, 27th Oct



	MON	TUES	WED	THUR	FRI
WEEK 1	<ul style="list-style-type: none"> 🍷 Cheese Flan (Served with Paprika Potatoes, Seasonal Vegetables or Salad) 🍷 Fajita Pasta Bake (Served with Crusty Bread, Salad or Seasonal Vegetables) Assorted Jacket Potatoes 🍷 Hot Sub Roll 🍷 Apple Cake (Baked Vanilla Sponge with Blended Apples & topped with Icing Sugar) 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> 🍷 Chicken Tikka Masala (Served with Rice & Salad) 🍷 Halal Chicken Korma (Served with Naan Bread & Salad) 🍷 Vegetarian Mince Lasagne (Served with Garlic Bread & Salad) Assorted Jacket Potatoes 🍷 Hot Sub Roll 🍷 Flapjack 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> 🍷 Roast Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) 🍷 Halal Roast Chicken Tikka Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) 🍷 Veggie Mince Shepherds Pie (Served with Yorkshire Pudding & Seasonal Vegetables) Assorted Jacket Potatoes 🍷 Hot Sub Roll 🍷 Cornflake Tart (Served with Custard) 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> 🍷 Cheese & Tomato Pizza (Served with Jacket Wedges & Beans or Salad) 🍷 Mini Meatless Ball Pizza (Served with Jacket Wedges, Baked Beans or Salad) Assorted Jacket Potatoes Selection of Sandwiches 🍷 Marble Sponge (Served with Chocolate Sauce) 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> Southern Fried Chicken Goujons (Served with Chips, Salad or Seasonal Vegetables) MSC Battered Fish (Served with Chips, Salad or Vegetables) 🍷 Vegetable Dippers (Served with Ketchup, Chips, Salad or Seasonal Vegetables) Assorted Jacket Potatoes Selection of Sandwiches 🍷 Ice Cream Tubs 🍷 Freshly Prepared Fruit
WEEK 2	<ul style="list-style-type: none"> 🍷 Homemade Cheese & Onion Pasta (Served with Seasoned Potatoes, Salad or Seasonal Vegetables) 🍷 Bombay Veg Biryani (Curried Vegetables & Rice served with Naan Bread & Salad) Assorted Jacket Potatoes 🍷 Hot Sub Roll 🍷 Chocolate Crispy Crunch 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> Spaghetti Bolognese (Spaghetti Bolognese, served with Garlic Bread & Salad) 🍷 Halal Spaghetti Bolognese (Spaghetti Bolognese served with Garlic Bread & Salad) 🍷 Arrabiata Pasta (Served with Crusty Bread & Salad) Assorted Jacket Potatoes 🍷 Hot Sub Roll 🍷 Volcano Buns (A Sponge-like Biscuit with a Jam / Lemon filling) 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> 🍷 Roast Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) 🍷 Halal Roast Chicken Tikka Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) 🍷 Savoury Veggie Mince & Tatties (Soya Mince & Vegetables served in a Yorkshire Pudding) Assorted Jacket Potatoes 🍷 Hot Sub Roll 🍷 Old School Sponge Cake (Served with Custard) 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> 🍷 Cheese & Tomato Pizza (Served with Chips & Beans or Salad) 🍷 Savoury Rolls (Served with Chips & Salad or Beans) Assorted Jacket Potatoes Selection of Sandwiches 🍷 Chocolate Sponge (Served with Chocolate Sauce) 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> All Day Brunch (Traditional Breakfast items: Sausage, Egg, Toast & Beans) MSC Fish Fingers (Served with Jacket Wedges & Salad or Seasonal Vegetables) 🍷 All Day Vegetarian Brunch (Quorn Sausage, Scrambled Egg, Baked Beans, Chips & Bread and Butter) Assorted Jacket Potatoes Selection of Sandwiches 🍷 Oat Cookie 🍷 Freshly Prepared Fruit
WEEK 3	<ul style="list-style-type: none"> 🍷 Mac & Cheese (Served with Crusty / Garlic Bread & Salad) 🍷 Veg Jambalaya (Seasoned Vegetables & Rice, served with Crusty Bread & Salad) Assorted Jacket Potatoes 🍷 Hot Sub Roll 🍷 Jam Sponge (Served with Custard) 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> Chicken Pie (Served with Seasoned Potatoes & Seasonal Vegetables) 🍷 Halal Keema & Peas (Served with Pilau Rice & Salad) 🍷 Cheese Roll (Served with Seasoned Potatoes & Seasonal Vegetables) Assorted Jacket Potatoes 🍷 Hot Sub Roll 🍷 Fruity Flapjack 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> 🍷 Roast Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) 🍷 Halal Roast Chicken Tikka Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) 🍷 Quorn Roast (Served with Yorkshire Pudding & Seasonal Vegetables) Assorted Jacket Potatoes 🍷 Hot Sub Roll 🍷 Fruit Jelly (Fruit Jelly topped with Cream) 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> Cheesy Beef Taco Pasta (Served with a side Salad) 🍷 Cheese & Tomato Pizza (Served with Chips & Beans or Salad) 🍷 Loaded Vegetable Pizza (Served with Chips & Salad) Assorted Jacket Potatoes Selection of Sandwiches 🍷 Chocolate Sponge (Served with Chocolate Sauce) 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> MSC Fish Fingers (Served with Creamed Potatoes & Seasonal Vegetables) MSC Salmon & Sweet Potato Fishcake (Served with Creamed Potatoes & Seasonal Vegetables) 🍷 Breaded Cheese & Vegetable Grill (Served in a Bun with Salad & Optional Coleslaw) Assorted Jacket Potatoes Selection of Sandwiches 🍷 Vanilla Cookie 🍷 Freshly Prepared Fruit



NATIONAL ONLINE SAFETY

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

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.

follow

What Parents & Educators Need to Know about

INSTAGRAM

AGE RESTRICTION
13+

Instagram remains one of the world's most popular social media platforms, especially among teens – with around 70% of 13 to 17-year-olds using it. Owned by Meta, Instagram allows users to share photos and videos, create interactive 'stories', broadcast live, send private messages and follow others. With regular updates and new features, it's essential for parents and educators to stay informed about how children are using the app – and what the risks are.

WHAT ARE THE RISKS?

EXCESSIVE SCREEN TIME

Instagram's design encourages prolonged use through endless scrolling of trending content and generating a fear of missing out (FOMO). Children can quickly lose track of time browsing posts from friends, influencers, and strangers, which may disrupt their day-to-day activities.

AI CHATBOT CONCERNS

Meta's AI, which is available on Instagram, allows users to chat with an in-app chatbot. While often helpful, it can blur boundaries for young users, who may ask for or read content that is inappropriate or see it as a real friend or confidant. Privacy issues also arise, as conversations may not be as secure or private as children assume.

RISKS OF GOING LIVE

The livestream feature allows real-time broadcasting to followers – or anyone, if the account is public. This increases the chance of unwanted contact from strangers and pressure to act in ways that gain attention, including engaging in inappropriate behaviour. Viewers may also post offensive or harmful comments during live sessions.

THREADS INTEGRATION

Threads is Instagram's sister app for public, text-based conversations. Posts from Threads appear in users' Instagram feeds and can lead children to view, share, and comment on public conversations with strangers. The content may not always be age-appropriate and can be misleading or false.

SCHEDULED MESSAGING

Instagram's newer ability to schedule direct messages means that children could receive messages late at night or early in the morning. This can disrupt their sleep or keep them preoccupied before the school day even begins.

EXCLUSION AND LOW SELF-WORTH

Feeling left out online can have a real emotional impact. Being left out of photos, receiving fewer likes, being unfollowed, or being ignored in chats and comments can leave children feeling excluded, which often hurts as much as in real life. There is a risk this can lead to reduced self-esteem and a sense of not belonging.

Advice for Parents & Educators

USE INSTAGRAM'S SUPERVISION TOOLS

Instagram's built-in Family Centre lets parents monitor how much time their child spends on the app. Specialised 'teen accounts' are private by default and offer controls on who can message them. Make sure that children use their real age when registering their account to ensure they have these protections.

OPEN UP THE CONVERSATION

Talk regularly to the children in your care about what they enjoy on Instagram – and what makes them uncomfortable. Encourage honest chats about filters, body image, and online approval. Reassure them that they don't need to edit their appearance or chase 'likes' to feel valued.

SET BOUNDARIES FOR THREADS AND AI

Parental controls on Instagram also apply to Threads. These allow parents to monitor time spent in the app, check follower lists and adjust exposure to sensitive content. Discuss AI features, too, therefore helping children understand that chatbots aren't real people and should be used with care.

BE MEDIA-SAVVY WITH INFLUENCERS

Parents should follow a few of the influencers their child watches, so they can better understand the content they're seeing. Use this as a springboard to talk about the difference between genuine recommendations and paid promotions – and how online personalities can shape opinions and behaviour.

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.



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