

# NEWSLETTER

FRIDAY 10TH JANUARY 2025



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ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

## HAPPY NEW YEAR!

We would like to wish all of our children and families a Happy New Year! We hope you had a wonderful Christmas holiday and are looking forward to being back at school and seeing what the new year brings!



# THE BIG FREEZE!

This wasn't quite the start to the New Year that we had planned but we are so proud that the team at Swain House made it possible for us to open school this week for the families that needed us. Despite the weather conditions and the children being unable to play out they really enjoyed being back in school with their friends, enjoying some newly planned learning opportunities!

Thank you to all of the staff that made this possible.

It has been heartwarming to read some of the kind, supportive and positive comments that have been posted on our Swain House Facebook page and shared with us when children have been dropped off at school.

Our wonderful staff have worked incredibly hard to remove snow from our carpark to make it safe for staff arriving on a morning.



## THANK YOU!

We would also like to say a huge thank you to Bradford Council for ensuring the roads around school have been gritted every day and hand gritting the paths outside!





# SPOTLIGHT ON LEARNING

Although it's been a strange week here at Swain House Primary School we have enjoyed participating in some exciting activities...here are some highlights!

The Children in Reception have had a fantastic time snow painting this week!



Year 3 enjoyed a spot of baking, the children helped to weigh out the ingredients and decorated their own cupcake



Year 4 enjoyed a Commando Joe session in the small hall. In teams, we had to retrieve food for survival from treacherous ground. We had to create our own tools and use teamwork skills to succeed in our mission!



# AUTISM PARENTS' WORKSHOPS



## Autism Parents' Workshops

Friday 31st January 2:20-3:00  
or Friday 7th March 8:45-9:20



Delivered by Jo Boden-Hook  
(specialist teacher) from the  
SCIL Team.

Please enter via the Community  
Entrance



# COMMUNITY NEWS

THE **BIG** BRADFORD BULLS SLEEP OUT

HELPING TACKLE HOMELESSNESS BY SUPPORTING

HOMELESS SHELTERS FOCUS 4 HOPE BRADFORD BULLS FOUNDATION

FRIDAY 17TH JANUARY  
FROM 6:00PM  
BARTECARD ODSAL STADIUM

PROUDLY SPONSORED BY:

Romantica  
NEEDS TO FALL IN LOVE WITH

REGISTER: [HTTPS://BIT.LY/BBSLEEPOUT25](https://bit.ly/bbsleepout25)



## Parent/Carer Support Group Supporting Emotional and Mental Health

Tuesday 21st  
January

10:30am or  
7:30 pm

Held on  
MS Teams  
Please email the address below

### THIS MONTHS TOPIC: AUTISM AND MENTAL HEALTH




At this months Parent Support Group we will be discussing the relationship between Autism and mental health, how we can support children with Autism who are struggling with Mental Health challenges

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

# APPLYING FOR A RECEPTION PLACE

If your child attends nursery it is time to apply for a Reception place for September 2025. Please ensure you have applied by the 15th January. If you need any support please speak to a member of Great Oak Nursery or the pastoral team.

 **City of BRADFORD**  
METROPOLITAN DISTRICT COUNCIL

A guide for parents about admission arrangements for

# Primary Schools

**2025-26**

**Apply online by  
15 January 2025**

DEPARTMENT OF CHILDREN'S SERVICES

Apply online at [www.bradford.gov.uk/admissions](http://www.bradford.gov.uk/admissions)

# MYHAPPYMIND

## OUR CONVERSATION CARD OF THE WEEK



### Enjoy a conversation!

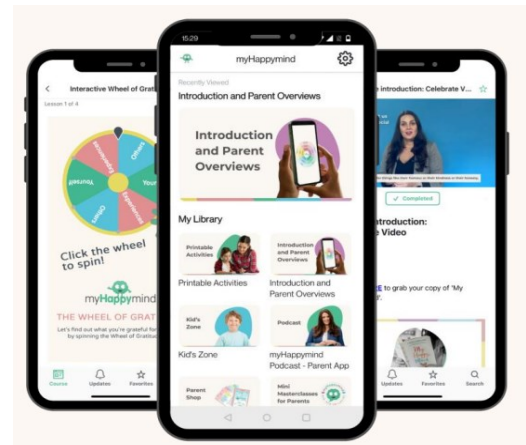
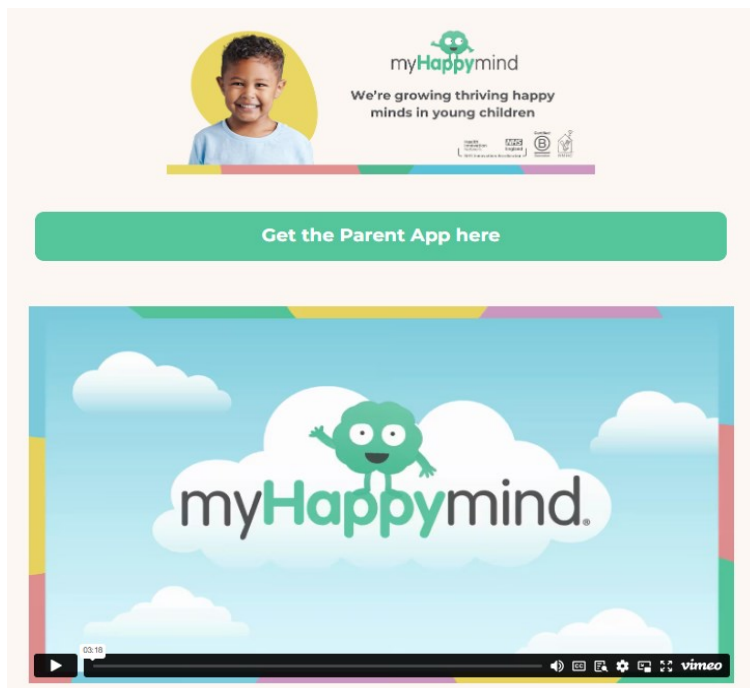
Each week we will share a conversation card. These are designed to help you have meaningful and fun conversations with your child and aid discussions about mental health and happiness.



# 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**



# COMING UP THIS TERM

## SPRING TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	23.01.25	2.30pm	Matisse Class – Chinese New Year Assembly
Thursday	30.01.25	2.30pm	Michael Morpurgo Class Assembly
Thursday	06.02.25	2.30pm	Elgar Class Assembly
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	Van Gogh Class – Vaisakhi Assembly
Thursday	03.04.25	2.30pm	Mozart Class – Easter 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 5.30pm 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	13.01.25		Year 6 Greek Workshop
Tuesday	28.01.25	3.15pm – 6.00pm	Parents Evening
Monday - Friday	03.02.25 - 09.02.25		Mental Health Week
Friday	07.02.25		NSPCC Number Day

# MENU 13/01/25

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>Flapjack</b> <b>Freshly Prepared Fruit</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>Honey Cake</b> (Sponge Cake topped with Honey, served with Custard)</p> <p><b>Freshly Prepared Fruit</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>Lemon Shortcake</b> (Served with Custard)</p> <p><b>Freshly Prepared Fruit</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>Chocolate Sponge</b> (With Chocolate Sauce)</p> <p><b>Freshly Prepared Fruit</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>	



# NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is 'Justalk Kids'.

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](https://nationalcollege.com).

## What Parents & Educators Need to Know about JUSTALK KIDS

Justalk Kids is a child's version of the Justalk app – a highly popular social networking platform – designed for users up to 13 years of age, allowing them to video call, message and participate in group chats. While adults can link their own Justalk account to their child's and make use of parental controls, it's important to understand the risks associated with the app.

### WHAT ARE THE RISKS?

- SUBSCRIPTION FOR PREMIUM ACCESS**

While Justalk Kids is free, there's the option to subscribe to a later premium account or a premium family account. At a cost, this feature allows children to have access to more fun features such as games they can play with others in a call, exclusive stickers, a badge denoting them as a premium subscriber, and exclusive ringtones and themes.
- POTENTIAL DATA LEAKS**

Justalk and Justalk Kids claim to be secure and encrypted, going so far as to state that even the developers themselves won't access user data. However, a security issue in 2022 highlighted that messages were not in fact encrypted – leading to concerns around the security of the app and the transparency of the development team.
- RESISTANCE TO CONTROLS**

Justalk Kids endeavours to allow children the ease of having a chat-based app while allowing parents to set controls (within the app or from their own adult Justalk account). The issue behind this is positive; however, some children are challenging their parents by refusing to use Justalk Kids, preferring to use the adult version without any restrictions in place.
- CYBERBULLYING**

Online chats can provide a sense of anonymity, leading some users to post things which they wouldn't normally say in person. Combined with the option of group chats, there's a risk that young people might join in with this kind of behaviour, escalating it further and potentially turning what should be a fun experience into something deeply negative.
- KNOWING THE PARENT PASSCODE**

After downloading Justalk Kids, parents can set a passcode which users must enter to add contacts. The parental controls help to manage which contacts can be viewed and who children can add as a contact; this then allows children to chat with friends in a controlled environment. However, prospective contacts don't have to know a specific username. In theory, someone could type in a random name and then add them as a friend.
- TOO MUCH SCREENTIME**

A report by the UK Parliament Education Committee highlighted a 62% increase in children's screen time between 2020 and 2022 – as well as finding that 29% of children used their smartphones in a manner consistent with screen addiction. Introducing children to social networking apps when they're too young can lead to bad digital habits and a reliance on technology from an early age.

## Advice for Parents & Educators

- JUSTIFY THE CONTROLS**

If parents allow their child to use Justalk Kids, they should explain that they're putting parental controls in place to make the app safer. Make sure the child knows not to put their full name on the account and doesn't use a photo of themselves as their profile picture. This type of open discussion will help to ensure that a child is aware of the app's potential risks and knows how to reduce them.
- TALK ABOUT ONLINE FRIENDSHIPS**

Young children could be excited to use this app. However, highlight that they must do so in a positive, respectful and responsible manner. While it can be easy to get caught up in a group chat, it's important to talk to others politely and cut out any unpleasant behaviour. Discuss the importance of limiting their contacts to people they know in real life and use parental controls to enforce this.
- DOS AND DON'TS OF SHARING**

Some children might not understand the potential dangers of oversharing online. Set clear guidelines around what is and isn't safe to share on the internet, and discuss the concept of a digital footprint. Children need to understand that the things they say and share online can never be completely erased. Even if they delete it themselves, it can be saved and distributed by others.
- ENCOURAGE OPEN COMMUNICATION**

Apps like Justalk can sometimes lend themselves to bullying behaviours. Parents should monitor what their child is sending and receiving, check in with them regularly and encourage them to share their feelings (both positive and negative) at home. Remind them that they can block a contact if someone is treating them disrespectfully.

**Meet Our Expert**  
Dr Claire Rutherford 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.

**#WakeUpWednesday**  
The National College

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

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