

# NEWSLETTER

FRIDAY 1ST MARCH 2024



TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

## PLAY BRADFORD OUTDOOR ACTIVITY SESSIONS

The children had great fun during their sessions with Play Bradford. There were lots of exciting activities available for the children to choose - a climbing wall, tug of war, pizza making on a fire pit, archery and much more!



# PLAY BRADFORD



# JU:MP @ HOME!

Stuck for something to do? Want to play a game with your children and be active? Try out this week's JU:MP @ home activity - Household Circuits!

## HOUSEHOLD CIRCUITS

Can you do all of the activities?

### HOW TO PLAY

#### HOUSEHOLD CIRCUITS

- > **Do each of these x5 times each!**
- > Carry milk bottle to the line, put it down, turn around, pick up the milk bottles and return to the beginning
- > Move the household items one at a time from line to line
- > Sit on the floor, knees bent if possible, and move the bag from side to side
- > Arms in front, looking forward, slowly sit on the chair and stand up again

**SUITABLE FOR:** All ages  
**TAKES:** 20-40 minutes

**YOU WILL NEED:**

- > A milk bottle
- > Household items (like a bag with things in it to use as a weight)
- > A chair

**REMEMBER** This is an activity everyone can get involved in!

**SAFETY...**  
Be sure to find a suitable and safe place to play

## CLASS ASSEMBLY

It was Matisse class assembly on Tuesday. They enjoyed telling us about Chinese New Year. The children sang a song, acted and read a story. They did a super job!



## DONATIONS!

We would like to increase outdoor learning sessions in school. If you have any wellies that are in good condition and your child has outgrown please could you donate them to school. Thank you for your continued support.



# WELCOME TO SWAIN HOUSE!

My name is Mrs Laycock and I will be starting at Swain House Primary after the Easter holidays, teaching Elm class and leading Early Years. I am so excited to be joining the Swain House team and I look forward to working in partnership with you all. Over the next few weeks, I will be spending some time in Early Years getting to know everyone, before I start after Easter. It would be lovely to meet as many Elm class parents as possible when I will be holding a 'meet and greet' session on Tuesday 19th March at 3.10pm. I really hope to see you all there!



# 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.

## **The Princess Rules (by Phillipa Gregory) - Free reader**

This book is about a baby that has been delivered to the wrong door. The family didn't realise so they opened it anyway. By the next day, to everyone's surprise, the baby had turned 4 years old! When the sister met him, she was angry because when she was an only child she was going to become the queen but now the baby will become a king. When the sister met up with her friend, they started talking about how annoying it was that the little brother would become king so they started making the princess rules! I like how adventurous it is but it's also like a fairytale. It makes me laugh and I always want to read on. I would recommend this book to people who like adventures!

Han—Year 5

# SHARING YOUR NEWS!

Ruth from Reception entered an Airfix quick build D-Day Spitfire into the Leeds Scale Model World competition held at the Royal Armouries over half term. Ruth won a gold medal in the junior category for her aircraft! Well done Ruth!



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



# 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

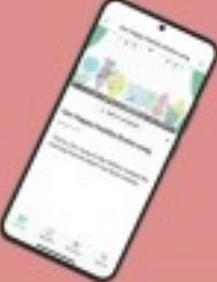


...An online resource to support you and your family to learn more about how you can use myHappyMind to support your child.



**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**

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# CLUBS AT SWAIN HOUSE



SCAN ME

## STREET DANCE

EXTRA CURRICULAR

SWAIN HOUSE PRIMARY SCHOOL  
RADCLIFFE AVE,  
BRADFORD  
BD2 1JL

EVERY TUESDAY  
3.00PM-4.00PM

FUN | ENERGETIC  
CREATIVE SPACE

£3.00 PER SESSION  
CONTACT [INFO@YACAD.ORG](mailto:INFO@YACAD.ORG)



Yorkshire Academy of  
Creative Arts & Dance

Swain House Primary School and Yorkshire Academy of Creative Arts & Dance Partnership



## CONTEMPORARY DANCE CLASS

A SAFE, ACTIVE  
CREATIVE SPACE  
LET'S DANCE!

£3.00 PER SESSION



TUESDAYS  
4.00PM-5.00PM



SWAIN HOUSE PRIMARY SCHOOL  
RADCLIFFE AVE, BRADFORD, BD2 1JL

TO ENROL CONTACT [INFO@YACAD.ORG](mailto:INFO@YACAD.ORG)  
TEL 01274 955130



Yorkshire Academy of  
Creative Arts & Dance

Swain House Primary School and Yorkshire Academy of Creative Arts & Dance partnership



SCAN ME

## Drama Club

EXTRA CURRICULAR



Thursdays  
3.00pm-4.00pm



Swain House Primary School  
Radcliffe Avenue  
Bradford  
BD2 1JL

HAVE FUN  
CREATE  
PERFORM

YEAR GROUPS  
1-6



£3.00  
Per Person Per Session



Yorkshire Academy of  
Creative Arts & Dance

Swain House Primary School and Yorkshire Academy of Creative Arts & Dance Partnership



## MUSICAL THEATRE

Learn the best moves from your  
favourite musicals

Every Thursday 4.00pm - 5.00pm  
£3.00 per session

Swain House Primary School  
Radcliffe Ave, Bradford BD2 1JL

Contact [Info@yacad.org](mailto:Info@yacad.org)  
Tel | 01274 955130



Yorkshire Academy of  
Creative Arts & Dance

Swain House Primary School and Yorkshire Academy of Creative Arts & Dance partnership



SCAN ME

# COMMUNITY NEWS

## Stephen White Books WORLD BOOK DAY OFFER

4TH - 8TH MARCH 2024

ALL SHOP BOOKS  
3 FOR £2

WORLD BOOK DAY  
VOUCHERS WILL GET  
YOU 2 FREE BOOKS\*

For directions and opening hours see  
[stephenwhitebooks.co.uk/contact](http://stephenwhitebooks.co.uk/contact)

Stephen White Books  
Albion Mills, Albion Road  
BD10 9TQ

\*Only 1 voucher per child

# COMMUNITY NEWS

**TOGETHER TRUST**  
charity

## Sleep Chat for parents/carers

Parents/carers of children aged 2-11 years across **Bradford and Craven** districts are invited to have a 20 minute phone call with a qualified Sleep Practitioner to discuss any sleep issues their child may be experiencing

Sleep Chat sessions will take place on the following dates between 10-12am:

Monday	27 November	2023
Thursday	14 December	2023
Tuesday	9 January	2024
Tuesday	6 February	2024
Tuesday	12 March	2024
Wednesday	17 April	2024
Thursday	9 May	2024
Tuesday	11 June	2024
Wednesday	10 July	2024
Monday	5 August	2024

If you would like to speak to someone, please email your full name, contact number and preferred date to: [admin@togethertrust.org.uk](mailto:admin@togethertrust.org.uk)

You will receive an email to confirm your allocated phone slot and the practitioner will call you

Presented by  
The Together Trust's  
Specialist Sleep Practitioners

**ShIPLEY Wellbeing Hub**

## Wednesday Wellbeing

**ShIPLEY Wellbeing Hub**

A **FREE** group for anyone who is feeling low. Come along and chat, or offer a non-judgemental ear to others. Wednesday Wellbeing offers emotional support for people with low mood, kindness and shared experiences. Tea & coffee provided.

**ShIPLEY Library 1.45pm-3.15pm**

Call the ShIPLEY Well being Hub team for more information.

**01274 271088/ 07908 631068**



**HALE** Health Action Local Engagement  
Healthy Living Charity  
Charity Number: 1123542 Company Number: 6443243

HALE 1 Westgate, ShIPLEY, BD18 3QX  
Telephone: 01274 271088  
Email: info@haleproject.org.uk

@HALECharityBfd  
facebook.com/HALECharityBfd/

## JU:MP INTO SPRING



### PICNIC IN THE PARK

**SATURDAY 23RD MARCH 11AM**  
ECCLESHILL PARK  
OUTSIDE THE BIG SWING

Celebrating the success of the JU:MP project, community organisations are coming together to hold a **FREE** community event with lots of fun activities for all the family to enjoy




**WALK & TALK  
HIKES  
SPEAKING GROUPS  
DAYS OUT**




## THE SPEAK IN CLUB

Unlock Your Worries

THE SPEAK IN CLUB  
THE SPEAK IN CLUB

AN OPEN MENTAL WELLBEING GROUP FOR EVERYONE TO CONNECT, DISCUSS & OFF-LOAD

**WEDNESDAY 5.30 - 6.45PM**  
**THE ROCKWELL COMMUNITY CENTRE**



**Bloomin' Buds**  
Theatre Company

# COMMUNITY NEWS



## WISE OWLS DROP IN LANGUAGE DEVELOPMENT ADVICE SESSIONS TUESDAYS (FEB-MAR 2024)



**BRADFORD EAST**

**1 – 2 pm  
Canterbury Nursery  
Basil Street  
BD5 9HL**



If you have concerns about your child's speech and language development, drop in and have a chat with us – we can help!



**TALKING Bradford**  
Speech, Language and Communication Support for the Bradford district



Bradford District and Craven Health and Care Partnership



A new online guide for you to help your child with talking and communication (bump to 5)

**Let's Get Talking Bradford!**



[www.fyi.bradford.gov.uk](http://www.fyi.bradford.gov.uk)



@FYIBradfordDistrict



**COME AND PLAY AT SHIPLEY LIBRARY!**



**2024 DATES**

Saturday 20 January  
Saturday 17 February  
Saturday 16 March

**FREE**

AT SHIPLEY LIBRARY  
2 Wellcroft Shiplay  
Drop in  
1pm - 3pm

## YOUNG PEOPLE'S COUNSELLING

INDIVIDUAL COUNSELLING FOR 11-25 YEARS OLD

- ARE YOU FEELING LOW IN MOOD, WORRIED OR STRESSED?
- WOULD YOU LIKE SUPPORT TO TALK THIS THROUGH WITH A QUALIFIED COUNSELLOR?

Shiplay Wellbeing Hub & HALE's Young Peoples Social Prescribing service are offering free 1 to 1 counselling sessions for 11-25 year olds.

Sessions are delivered by a counsellor from Step2 and take place at either the HALE office in Shiplay (Thursdays from 1:30pm), or online via Zoom (Wednesdays at 4pm)

If you would like to sign up for some counselling, please contact the HALE office on [01274 271088](tel:01274271088) and ask for the young peoples counselling service.



# COMMUNITY NEWS



**Until Monday, 16 September at Bradford Industrial Museum**

**FREE**

In Bradford, over 8,000 young people take part in scouting weekly, supported by 3,000 adult volunteers. The UK Scouts Association is the largest in Europe and has over 360,000 members. It is led by the current Chief Scout, the television presenter, adventurer, and author, Bear Grylls.

The exhibition features the stories and photographs of some of the Scouts in the district and information about Scout's famous ambassadors. Included is a family campfire corner to sit and read together and a programme of activities are being run from spring until the end of summer.

**BLOOMIN BUDS**  
**crafty classes**

Families can get crafty every week, check our facebook for each weeks theme!

Children must be accompanied by an adult

**Bloomin' Buds**  
Theatre Company

Rockwell Community Centre  
Every Saturday  
10.30am - 12.30pm

# Little Acorns Nursery

At Swain House Primary School

Do you have a 2 year old?

Parents of two year olds can access 15 hours a week of free childcare if they are in receipt of income support benefits, such as Universal Credit, and earn less than £15,400 a year or if they are working parents of two year olds.

September, January and April intake

Little Acorns Nursery is a warm, nurturing atmosphere where children learn through play in a safe and stimulating environment



*Children in the early years receive an excellent education. They make good progress because of the strong curriculum. They are highly engaged and independent in their learning. Adults are very effective in supporting them (Ofsted March 2023)*

For more information please contact our school office on 01274 639049 or [office@swainhouse.bradford.sch.uk](mailto:office@swainhouse.bradford.sch.uk)

# Great Oak Nursery

at

## SWAIN HOUSE PRIMARY SCHOOL

Now enrolling for our September,  
January and April intakes!



**IS YOUR CHILD 3 OR 4 YEARS OLD?**

We have full & part time places available in our well-equipped Nursery class run by an experienced, fully qualified teacher and Early Years Practitioners.

**CALL NOW TO SCHEDULE A TOUR!**

01274 639049

[office@swainhouse.bradford.sch.uk](mailto:office@swainhouse.bradford.sch.uk)

# 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 **01/03/2024**

### Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	94.7%	1
Willow	95.8%	1
Kandinsky	87.6%	3
Matisse	88.7%	2
Lowry	98.7%	2
Van Gogh	94.4%	2

### Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	91.1%	4
Roald Dahl	90.3%	2
JK Rowling	98.8%	3
J Wilson	94.3%	2
Elgar	91.9%	1
Mozart	95.6%	2
Beethoven	94.9%	3
Vivaldi	90.9%	1

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

Our whole school attendance this week:

**93.3%**

## 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 - Stay Safe on new Devices
<b>LETTERS:</b>	28.02.24 - Chocolate Raffle 28.02.24 - Easter Craft Sessions 29.02.24 - Anne Fine Class Assembly Rescheduled 29.02.24 - Decorate an Easter Egg and Card Competition
<b>MESSAGES VIA PARENTAPPS:</b>	28.02.24 - My Happy Mind at Home



# National School Attendance Award

2023/24 Autumn Term



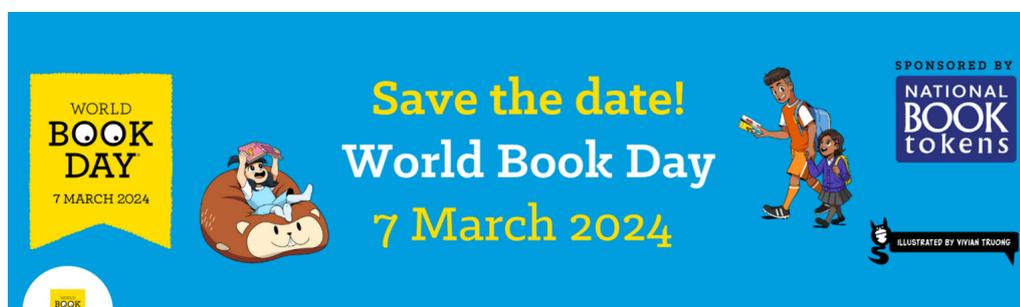
Swain House Primary

Top 25% of similar FFT Primary Schools in England

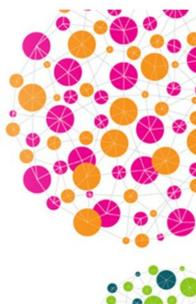
# COMING UP THIS HALF TERM

## SPRING TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Tuesday	12/03/24	2.30pm	Anne Fine Class Assembly
Thursday	14/03/24	2.30pm	Kandinsky Holi Assembly
Thursday	21/03/24	2.30pm	Mozart Easter Assembly



8-17 March  
British  
Science  
Week  
2024



## EASTER CRAFT WORKSHOPS

Parents will be invited to some Easter crafts workshops with their children. Keep an eye out for some more information—coming soon!



# MENU 04/03/24



## Swain House Primary School



30th Oct, 20th Nov,  
11th Dec, 1st Jan,  
22nd Jan, 4th Mar

# MENU

## WEEK 1

### MON

- Mascarpone Pasta
- Spaghetti Marinara
- Vegetable Pasty

### TUES

- Mild Chicken Curry
- Halal Chicken Doplaza
- Aloo Chana

### WED

- Roast of the Day
- Halal Chicken Roll
- Cheese & Broccoli Quiche

### THUR

- Cheese & Tomato Pizza

### FRI

- Fish Fingers
- Southern Fried Quorn Burger

## MAINS

## SIDES

- Crusty Bread
- Spaghetti Hoops
- Seasonal Vegetables
- Assorted Individual Salads

- Rice
- Naan Bread
- Assorted Individual Salads

- Dry Roast Potatoes
- Yorkshire Pudding
- Seasonal Vegetables
- Assorted Individual Salads

- Chips
- Baked Beans
- Assorted Individual Salads

- Dry Roast Jacket Potatoes
- Wedges
- Sweetcorn
- Assorted Individual Salads

## OTHER OPTIONS

- Assorted Jacket Potatoes
- Assorted Panini
- Assorted Sandwiches

- Assorted Jacket Potatoes
- Assorted Panini
- Assorted Sandwiches

- Assorted Jacket Potatoes
- Assorted Panini
- Assorted Sandwiches

- Assorted Jacket Potatoes
- Assorted Sandwiches

- Assorted Jacket Potatoes
- Assorted Panini
- Assorted Sandwiches

## DESSERTS

- Decorated Sponge Cake
- Freshly Prepared Fruit

- Butterfly Buns
- Freshly Prepared Fruit

- Marble Sponge
- Freshly Prepared Fruit

- Flapjack
- Freshly Prepared Fruit

- Chocolate Sponge
- Freshly Prepared Fruit



# REMINDERS

## BREAKFAST CLUB

Our Breakfast Club opens at 7.30am at a cost of £2.50 each per day or at 7.45am at the cost of £2.00 each per day. Children from Nursery to Year 6 can attend.

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

## AFTER SCHOOL CLUB

Our After School Club is available until 4pm at a cost of £2.00 each per day.

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

## EXTRA CLUB

We also offer an Extra Club service that runs until 5.30pm at a cost of £4.00 per day.

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

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

## COMING UP THIS TERM

DAY	DATE	TIME	EVENT
Thursday	07.03.24	All Day	World Book Day
Friday	08.03.24	All Day	Year 1 Trip to Skipton Castle
Friday	08.03.24	All Day	Year 2 Arctic Workshop
Monday - Sunday	11.03.24 - 17.03.24	N/A	Science Week
Friday	15.03.24	All Day	Comic Relief
Monday	18.03.24	All Day	Non Uniform in Exchange for Chocolate for the Easter Raffle
Friday	22.03.24	N/A	School closes for Easter
Monday	08.04.24	N/A	School Reopens

# NATIONAL ONLINE SAFETY

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

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](http://nationalcollege.com).

## Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

- 1. WATCH FOR BEHAVIOURAL CHANGES**  
Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or avoiding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.
- 2. THINK THINGS THROUGH**  
Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.
- 3. BE OPEN AND UNDERSTANDING**  
Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.
- 4. LET THEM SPEAK FREELY**  
Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.
- 5. CALL A TIME OUT**  
A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.
- 6. STAY INFORMED**  
Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.
- 7. PREP YOUR CHILD FOR THE RESPONSE**  
Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.
- 8. SUMMARISE YOUR CHILD'S EXPERIENCE**  
When you contact the school, make sure you've precisely described what your child experienced: what happened; when; where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.
- 9. LIAISE WITH THE SCHOOL**  
Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.
- 10. CHECK IN FREQUENTLY**  
Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.

**Meet Our Expert**  
Bob Basley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.

**#WakeUpWednesday**  
**The National College**