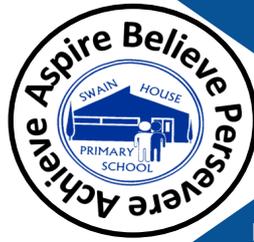


# NEWSLETTER

FRIDAY 23RD FEBRUARY 2024



TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE



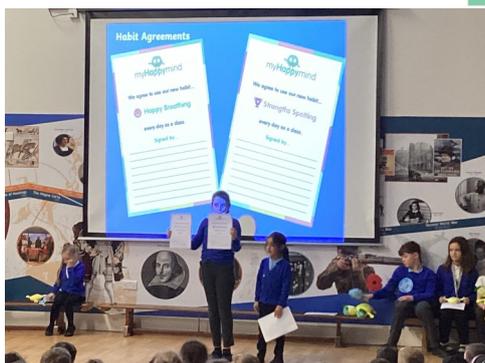
Mrs Pugh and the 'Happiness Heroes' presented a special assembly this week, introducing our new module—**Appreciate**



We recapped the previous modules '**Meet your Brain**' and '**Celebrate**' then talked about what the new module will be about.



We will be learning to develop an **Attitude of Gratitude** in this module!



# 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

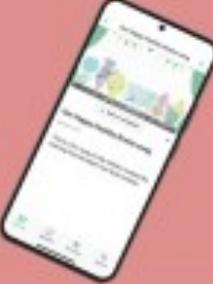


...An online resource to support you and your family to learn more about how you can use myHappyMind to support your child.



**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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# Y6 RE VISITOR

Year 6 had an RE visitor who talked to them about the Easter story. Once they had listened to the events leading up to Easter they were given a piece of paper and had to follow a set of instructions relating to the story. At the end they opened up the piece of paper to reveal a cross.





We would like to say goodbye and good luck to Miss Broad who is leaving today to go on maternity leave. We wish her well and cannot wait to meet her beautiful baby when she comes back to visit school with her new bundle of joy!



## 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 - Scavenger Hunt!



### SCAVENGER HUNT

Can you be the fastest at finding your items?

#### HOW TO PLAY GET HUNTING!

- > Ask someone in your house to set you a mission!
- > They need to make a list of 10 things that are in your house
- > Find all the items on their list
- > Can you find everything on your list before anyone else in the house?



**REMEMBER** Anyone can do this - All children in the house could each play, trying to be the first to find everything on the list!

A-Z



**SUITABLE FOR:** Ages 6-14  
**TAKES:** 20-40 minutes



#### YOU WILL NEED:

- > Pen and paper to make the list



#### SAFETY...

As with any activity consider the space and make sure you have enough room that is free of sharp edges



## 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.



# 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 Finney Island Files - Ross Montgomery**

I am reading The Finney Island Files by Ross Montgomery. I am enjoying this book because I really like aliens and it is all about an alien invasion. The aliens invade Finney Island and turn everybody into robots, including everybody's parents. Luckily Aunt Emmy accidentally saves the day! I would definitely recommend this book to my friends.



## **Teddy - Year 3**

## **Percy Jackson The Lightning Thief**

This book is about a child called Percy Jackson, who is living in the world of the ancient Greek gods and goddesses. He encounters different Greek mythical creatures and is best friends with a satyr. Percy's mother has taken him to a camp with other children, where he is attacked by a minotaur that sends his mother to the underworld with Hades. I enjoy reading this book because it is an interesting adventure and they are trying to survive in a world that is alien to them. I would recommend this book to anyone who is interested in history or adventure stories and all Year 6 children, who are learning about the ancient Greeks.

## **Owen—Year 6**

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



# COMMUNITY NEWS



## 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)





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





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



## Drama Club

EXTRA CURRICULAR

**Thursdays**  
3.00pm-4.00pm

**Swain House Primary School**  
Radcliffe Avenue  
Bradford  
BD2 1JL

**£3.00**  
Per Person Per Session

**HAVE FUN  
CREATE  
PERFORM**

**YEAR GROUPS  
1-6**





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





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

# COMMUNITY NEWS



## Yorkshire Academy of Creative Arts & Dance

Yorkshire Academy of Creative Arts & Dance (YACAD)  
St Luke's C of E Primary School  
Fagley Lane  
Bradford  
BD2 3NS

RE: Swain House Extra-Curricular Clubs

Dear Parent/Guardian,

We are working with Swain House Primary School to offer several extra-curricular clubs. Each club costs only £3.00 per session; these sessions are to be paid directly to YACAD. There are four clubs available, either running on a Tuesday or Thursday and **are open to all children, not just Swain House pupils.**

Club	Day	Time	Price
Street Dance	Tuesday	3.00pm-4.00pm	£3.00 per session
Contemporary Dance	Tuesday	4.00pm-5.00pm	£3.00 per session
Drama	Thursday	3.00pm-4.00pm	£3.00 per session
Musical Theatre	Thursday	4.00pm-5.00pm	£3.00 per session

**To sign your child up please follow these steps:**

1. Go to our website [www.yacad.co.uk](http://www.yacad.co.uk)
2. The Academy
3. Dance
4. School Parent Portal

**Or you can follow this link below:**

<https://www.yacad.co.uk/school-dance-booking>

For all enquiries, please contact [jess@yacad.org](mailto:jess@yacad.org).

Kind Regards,

Jessica Leeming  
Dance Development Officer

# 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/

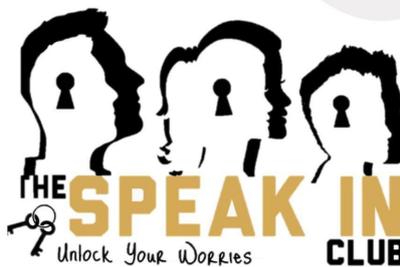
## JU:MP INTO SPRING

## 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  
 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



**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

The graphic is a colorful illustration for 'Bloomin' Buds crafty classes'. It features a hand holding a paintbrush, a palette with various colors, and a speech bubble. The text 'BLOOMIN BUDS' is written in a curved font above the main title 'crafty classes'. Below the main title, there is a speech bubble that says 'Families can get crafty every week, check our facebook for each weeks theme!'. At the bottom, there is a location pin icon and the text 'Rockwell Community Centre Every Saturday 10.30am - 12.30pm'. To the right, there is a small icon of a person and the text 'Children must be accompanied by an adult' and 'Bloomin' Buds Theatre Company'.

# SPOTLIGHT ON SEND

Each half-term, I 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. I highlight support available in school and also resources and workshops available in the local area.

Mrs. White

Assistant Head/SEND.co

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



## Bradford Local Offer

The new Bradford Local Offer website brings together information for children and young people with special educational needs and disabilities and their families.

Click the logo to access the website.



HELP AND INFORMATION FOR FAMILIES WITH SPECIAL NEEDS AND DISABILITIES BRADFORD AND DISTRICT LOCAL OFFER



## Bradford Local Offer

The SEND Local Offer website provides valuable information and resources to parents and carers. There is a useful list of support groups available in the local area. Click [here](#) to see the support group list.

In their monthly newsletter you will find out about the latest useful SEND news, information, stories, upcoming events, consultations, holiday activities and much more inside every issue. Sign up for the newsletter [here](#).

## Speech and Language

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

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



Bradford District Care  
NHS Foundation Trust

## Parents' Evening

Parents' Evening was on Tuesday 23rd 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.

Pupils who receive speech and language support in school have their own bespoke plan. When the therapist assesses your child, she will write a new plan. These targets will be worked on in school. A copy of the plan will also be sent home so you can also support your child with these targets.

# 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)

# 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 **23/02/2024**

### Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	95.2%	3
Willow	100%	2
Kandinsky	94.7%	2
Matisse	95.2%	3
Lowry	97.3%	2
Van Gogh	93.8%	1

### Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	95.7%	2
Roald Dahl	98.8%	1
JK Rowling	97.5%	2
J Wilson	92.7%	2
Elgar	92.9%	0
Mozart	92.5%	7
Beethoven	97.7%	1
Vivaldi	92.3%	5

Congratulations to **Willow Class, Lowry Class, Roald Dahl Class, JK Rowling Class and Beethoven Class** for having the **best attendance** this week.

Well done to **Elgar Class** for having no lates!

Our whole school attendance this week:

**95.5%**

## COMMUNICATION SINCE THE LAST NEWSLETTER

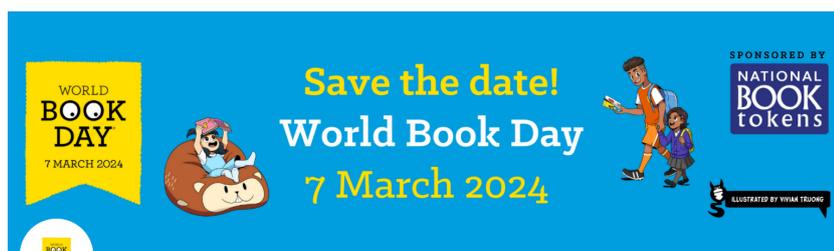
These are the letters, messages and website updates that have been sent out this week. If you have not received any of these letters, please speak to your child's class teacher or contact the office on **01274 639049**.

<b>WEBSITE UPDATES:</b>	National Online Safety - Stay Safe on new Devices
<b>LETTERS:</b>	20.02.24 - Matisse Class Assembly Reminder 22.02.24 - JK Rowling Class Assembly 22.02.24 - British Science Week 09.02.24 - Outdoor Activities
<b>MESSAGES VIA PARENTAPPS:</b>	20.02.24 - Administering Medication Policy 23.02.24 - Year 5 Homework

# COMING UP THIS HALF TERM

## SPRING TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Tuesday	27/02/24	2.30pm	Matisse Chinese New Year Assembly - Rescheduled
Thursday	29/02/24	2.30pm	JK Rowling Class Assembly
Thursday	07/03/24	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 26/02/24



## Swain House Primary School



13th Nov, 4th Dec,  
15th Jan, 5th Feb,  
26th Feb, 18th Mar

# MENU

## WEEK 3

### MON

Mac n Cheese  
Arrabiata Pasta



### TUES

Pork Meatballs & Spaghetti  
Halal Chicken Meatballs & Rice  
Mexican Burrito



### WED

Braised Sausage  
Halal Chicken Roll  
Braised Quorn Sausage

### THUR

Cheese & Tomato Pizza

### FRI

Fish Fingers  
Veg Dippers

## MAINS

## SIDES

Garlic Bread  
Assorted Individual Salads

Crusty Bread  
Assorted Individual Salads  
Potato Salad

Creamed Potatoes  
Seasonal Vegetables  
Assorted Individual Salads

Chips  
Assorted Individual Salads  
Coleslaw



Dry Roast Jacket Potato  
Wedges  
Baked Beans  
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

Marble Sponge  
Freshly Prepared Fruit

Volcano Buns  
Freshly Prepared Fruit

Orange & Lemon Sponge  
Freshly Prepared Fruit

Individual Ice Cream Tub  
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
Friday	22.03.24	N/A	School closes for Easter

# NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is all about 'Self-Regulation'.

At The National College, our WakeUpWednesday guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit [nationalcollege.com](https://nationalcollege.com).

## 10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

- 1. DESIGNATE A TRUSTED ADULT**

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.
- 2. MEET CHILDREN HALFWAY**

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.
- 3. FACTOR IN THEIR BASIC NEEDS**

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.
- 4. REMAIN PATIENT**

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.
- 5. BE 'A DYSREGULATION DETECTIVE'**

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.
- 6. USE SUITABLE LITERATURE**

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content; ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.
- 7. TRY SENSORY RESOURCES**

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.
- 8. NURTURE INDEPENDENCE**

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice; they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.
- 9. MODEL GENUINE FEELINGS**

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.
- 10. FORMULATE A PLAN**

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one. It's hugely important to know in advance what might help and what could worsen the situation.

**Meet Our Expert**  
Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resource Hub, where she shares activities, advice and recommendations for parents and teachers of children with SEND.

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

@natonlinesafety /NationalOnlineSafety @nationalonlinesafety @national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.02.2024