

NEWSLETTER

FRIDAY 10TH MARCH 2023



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ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

KS1 NUMBER DAY!

On Friday last week, parents and carers of children in Year 1 and Year 2 were invited into school to celebrate NSPCC Number Day. They spent the morning with their children exploring lots of different number related activities.



SCIENCE WEEK!

From Monday 13th March, we will be celebrating British Science Week. The theme for this year is 'Connections'. On Monday, children can come to school dressed as a scientist and will be completing lots of fun science related activities all week.



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 - Go For It!

HOW TO PLAY GO FOR IT!

- > Get 10 empty plastic bottles or cartons
- > Stand them in a triangle and roll a ball towards them
- > See how many you can knock down!

REMEMBER It's a family activity!



Why not try?

- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAtHome

SUITABLE FOR: All ages
TAKES: 20-30 minutes



YOU WILL NEED:
> 10 empty plastic bottles or cartons
> A ball



SAFETY...

As with any activity consider the space and make sure you have enough room



COMIC RELIEF!

On Friday 17th March 2023, we will be raising money for Comic Relief. Children can come to school wearing red or any Comic Relief themed clothing. We will also be holding our famous Swain House Primary Bun Sale! Unfortunately this year's Red Noses are not suitable for children under the age of 7 due to the small parts they contain, and therefore will not be sold at school.



FRIDAY 17 MARCH

SHARING YOUR NEWS!

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!

MENU W/C 13/03/23

Swain House Primary School

Week
Commencing

7th Nov, 28th Nov, 9th Jan
30th Jan, 20th Feb, 13th Mar

MENU Week 2

MON

Choose from...

- Meat Lasagne
- Halal Lasagne
- Cheese Pasta Bake

Desserts...

- Cornflake Tart
- Freshly Prepared Fruit

TUE

Choose from...

- Fruity Chicken Curry
- Halal Chicken & Spinach
- Mexican Burrito

Desserts...

- Decorated Fruit Jelly
- Freshly Prepared Fruit

WED

Choose from...

- Halal Roast Chicken Breast
- Vegetable Roll
- Roast Gammon

Desserts...

- Plain Sponge
- Freshly Prepared Fruit

THUR

Choose from...

- Cheese & Tomato Pizza

Desserts...

- Butterfly Buns
- Freshly Prepared Fruit

FRI

Choose from...

- Fish Fingers
- Vegetable Pakora
- Salmon Fish Fingers

Desserts...

- Chocolate Sponge
- Freshly Prepared Fruit

Suitable for



A selection of additional options e.g. sandwiches, jackets etc. will be available each day



For full allergen & nutritional information
go to the FM School Meals App:
<https://schoolmeals.bradford.gov.uk>

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.

If you have any problems booking any of our before or after school clubs, please contact Miss

DIARY DATES

ANY NEWLY ADDED ITEMS WILL BE IN BLUE

DAY	DATE	TIME	EVENT
All Week	13/03/23	All Week	British Science Week
Friday	17/03/23	All Day	Comic Relief
Thursday	16/03/23	2.30pm	Anne Fine Class Assembly
Thursday	23/03/23	2.30pm	Wesak Assembly - Lowry Class
Thursday	30/03/23	2.30pm	Easter Assembly - Mozart Class
Thursday	30/03/23	3.15pm	Year 3 Residential Parents Meeting

COMING UP THIS HALF TERM

SPRING TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	16/03/23	2.30pm	Anne Fine Class Assembly
Thursday	23/03/23	2.30pm	Lowry Wesak Assembly
Thursday	30/03/23	2.30pm	Mozart Easter Assembly

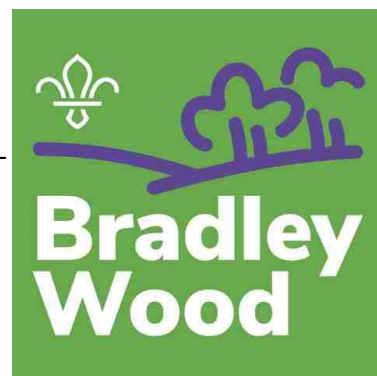
EASTER CRAFT WORKSHOPS!

This half term parents will be invited to some Easter crafts workshops with their children. Keep an eye out for some more information soon!



YEAR 3 RESIDENTIAL!

Parents of children in Year 3 are invited to the Year 3 residential parents meeting on **Thursday 30th March** at **3.15pm** to discuss their upcoming residential to Bradley Wood.



EASTER CHOCOLATE RAFFLE!

Our Easter Chocolate Raffle is returning this year! Tickets will be on sale soon and must be purchased by Tuesday 28th March. We are accepting donations of chocolate and Easter eggs to help make up our chocolate hampers! The Easter chocolate raffle will be drawn on **Wednesday 29th March 2023**.

COMMUNITY NEWS



New term starts
9.1.23/13.1.23

1 class	2 classes
Mini/Junior £25	Mini/Junior £42.50
Inter/Senior £30	Inter/Senior £47.50
Siblings £17.50	Siblings £35

5 week block!
Pay Monthly Option Now Available

ASPIRE PRO

IN PARTNERSHIP WITH
GOALS SOCCER CENTRE

- SATURDAY MORNINGS
- GOALS SOCCER CENTRE
- 9:30AM TIL 10:30AM
- AGES 5-7 & 7-11
- £30 (6 WEEK TERM)
- TERM TIME ONLY
- FA QUALIFIED COACHES

PLEASE CONTACT US VIA FACEBOOK/INSTAGRAM
ACCOUNTS OR VIA EMAIL
ASPIREPROCOACHING@GMAIL.COM



ASPIRE
PRO COACHING



Thackley Juniors
26 mins ·



Good news
spaces available for
year's 1,2 & 3 girls
training Friday evening
6.30pm-7.30pm
#wearethackleyjuniors

Bradford libraries Rhyme Challenge



Families with children under 5 years old are invited to take part in this year's Rhyme Challenge.



Image by Drew Forsyth

Bradford Science Festival

The Bradford Science Festival returns to the National Science and Media Museum from 23rd May-4th June with an exciting programme of events for the whole family. Meet people working in STEM fields, get hands-on in BradLab and even dance among the stars with a new interactive exhibition from Corey Baker. Get ready to discover whole new worlds this May.

[CLICK HERE FOR MORE
INFORMATION](#)



the national sleep helpline

Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?

Will your child not sleep in their own bed?

WE CAN HELP

03303 530 541
Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am

the national sleep helpline

50%

Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541

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Wednesday 9am - 11am



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*Survey of 2,000 adults by SleepIQ, Aug 2021

NATIONAL ONLINE SAFETY

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

What Parents & Carers Need to Know about iPADS

Apple debuted the first iPad in 2010, kickstarting the tablet market, and it remains the best-selling tablet to this day. Although Apple doesn't offer a child-specific version, iPads are hugely popular with youngsters due to their ease of use and endless choice of apps. There's a selection of models, with different-sized screens and distinct features – including the standard iPad; the iPad Air; the iPad Pro; and the iPad mini. Thankfully, they all offer parental controls so you can regulate how your child uses the device ... and how long they spend on it.

WHAT ARE THE RISKS?

PHYSICAL DAMAGE

While some tablets (such as the Amazon Fire Kids editions) come with rugged shock-proof cases, iPads aren't built for rough and tumble. They're also more expensive than most other tablets, and any damage your child's iPad suffers could be costly to repair. Buying a child-friendly case and screen protector for the device could be a wise move, especially if it's being used by younger ones.

SCREEN ADDICTION

Like most digital devices, tablets have the potential to become quite addictive. You might find your child spending too long staring at their iPad, which could lead to irritability, mood swings and a loss of interest in more important tasks. If this happens, be sure to visit the built-in screen time settings and ensure you limit how long they're able to spend on the device each day.

INAPPROPRIATE CONTENT

Even if it would never occur to your child to go searching online for age-inappropriate sites, apps or information, there's always a possibility that something unexpected – perhaps a video that auto-plays or content incorrectly suggested by an algorithm – could appear on their tablet and upset them. You can help prevent this by adjusting the content settings (see our 'top tips' section below).

SIRI SUGGESTIONS

The parental controls built into iOS (the fundamental operating system of Apple devices) enable you to block access to most age-inappropriate content – but your child could potentially still bypass these restrictions (either accidentally or deliberately) by using Siri, Apple's voice-activated digital assistant. To avoid this, toggle the 'Ask Siri' functions to 'off' in the iPad's settings menu.

Advice for Parents & Carers

ENABLE FAMILY SHARING

Before letting little ones loose on an iPad, it's a good idea to set up Family Sharing, as this lets you utilise the parental controls to manage exactly how your child is able to use the device. You can do this fairly easily by going into the iPad's settings; once there, you'll be able to add an existing Apple account (if your child already has one) or set one up from scratch.

APPLY SOME LIMITS

The 'Downtime' function allows you to tell the iPad to lock itself at certain periods (at mealtimes or before bed, for instance), while 'App Limits' removes access to certain apps once they've been used for a specified length of time each day. The iPad can display a reminder when these limits have nearly been reached, letting your child mentally prepare for the end of their gaming or viewing time.

STOP ACCIDENTAL SPENDING

To empower your child with an increased sense of freedom on their device (without giving yourself something else to worry about in the process) you could enable the iPad's 'Ask to Buy' feature. Whenever your child tries to download or buy an app, game or product, the iPad sends you a request to approve (or deny!) it. This option only becomes available if you've set up Family Sharing.

SET CONTENT AND PRIVACY RESTRICTIONS

The parental controls can stop the iPad from displaying explicit or age-inappropriate content (in apps like iTunes and Safari, for instance) when your child is signed into their account. You'll also be able to restrict the capacity to download and install apps, and you can specify permissions which prevent children from changing the iPad's privacy settings once you've selected them.

TRACK IT DOWN

Just like the iPhone, Apple's iPads have 'Find My' software to help you locate your child's iPad – or indeed, any linked Apple devices that have gone AWOL, including phones, watches and AirPods. If you enable 'Find My' in the settings menu, it will display the last known location of an iPad that's been mislaid, as well as giving you the option to lock a missing iPad that you suspect has been stolen.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.

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#WakeUpWednesday

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