

# NEWSLETTER



FRIDAY 16TH JANUARY 2026

TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

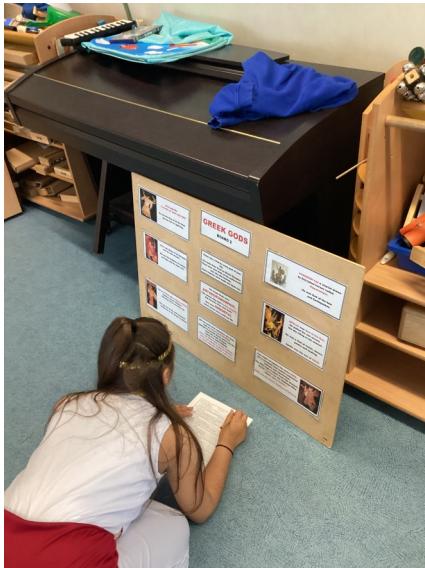
BELIEVE

PERSEVERE

ACHIEVE

## YEAR 6 GREEK DAY!

Year 6 had an amazing day on Wednesday. We had an ancient Greek visitor in school, who told us lots of information about Greece and the gods and goddesses. We completed a quiz to show off how much we had learned. We then solved an Ancient Greek puzzle. In the afternoon, we looked at real Greek weaponry and even took part in our own mini Olympics. We had a brilliant day!



# GIRL POWER TEAM!

Our Swain House Girl Power Team attended a workshop to learn all about empowering girls in sports. They had a great time at City Hall with the other girl power teams discovering how we can encourage girls in our school to be more confident in sports. The team have come up with some great ideas for a girl power school project and are very excited!



# YEAR 5 HISTORY!

In Year 5 the history theme this term is the Victorians. To launch the learning the children explored real Victorian artifacts from a local museum.'



# RECEPTION LEARNING LAUNCH

Reception started their 'Heroes that are Super' topic this week and arrived at school on Monday morning to find a crime scene! The children have been very busy investigating the crime and trying to find the person responsible!



# PARENTS' EVENING



**Swain House Primary School**  
**Radcliffe Avenue, Bradford BD2 1JL**  
**Headteacher: Mrs. Clare Pugh**  
**Tel: 01274 639049**  
**E-mail: [office@swainhouse.bradford.sch.uk](mailto:office@swainhouse.bradford.sch.uk)**  
**Website: [www.swainhouse.co.uk](http://www.swainhouse.co.uk)**

Monday 12<sup>th</sup> January 2026

Dear Parent/Guardian

Our upcoming Parents' Evening on Wednesday 28<sup>th</sup> January 2026, will run from 3.15pm until 6.15pm. We are once again pleased to offer both face to face and telephone appointments.

Appointments can be booked from 7.30am on Monday 19<sup>th</sup> January 2026. We will not be using ParentApps to book appointments as we are offering both telephone and face to face appointments. Instead, you can either phone the school office to book a slot or speak to the Class Teacher, both before and after school.

You can book an appointment with your child's Class Teacher between 8.30am and 8.40am and 3.00pm and 3.10pm. If you would like to book an appointment at any other time, please phone the school office on 01274 639049. You will be able to start booking appointments from 7.30am on Monday morning (19<sup>th</sup> January 2026).

As we are offering a hybrid approach for appointments again, if the Class Teacher is on a telephone consultation, there will be a sign on the classroom door. The Class Teacher will call you in for your appointment as soon as they are available. If you are expecting a telephone consultation, please be prepared that your call could be at a slightly earlier or later time to your booking. However, we will endeavour to call you at the exact time of your booking.

Parents who are coming into school will have the opportunity to have a look at their child's books following the meeting with the teacher. If you have a telephone appointment, your child's books will be available to be viewed between 3.00pm and 3.10pm on Thursday 29<sup>th</sup> January 2026.

Following the Parents' Consultation Evening, if you have any feedback, please either email this to [office@swainhouse.bradford.sch.uk](mailto:office@swainhouse.bradford.sch.uk) or phone the school office on 01274 639049.

Yours sincerely

Mrs Clare Pugh  
Headteacher

# SHARING YOUR NEWS!



Over the Christmas holidays Olivia in Year 1 participated in her first dance/acro show! She performed in front of 150+ people. She was super confident and received a certificate and medal! Well done Olivia, we are so proud of you!



Elsie-Rose in Year 3 enjoyed telling her classmates about a special certificate and medal she had received over the Christmas holidays. She was awarded for recognition of her outstanding performance and participation in her annual end of year dance showcase. We loved hearing about her dancing. Well done Elsie-Rose, we are so proud of you!

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!

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



# GREAT OAK NURSERY



## 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?**

*'My child started Great Oak Nursery in September. All of the teachers have been amazing and my child loves coming to his new school and is thriving'*



***We have full & part time places available***

**With wrap around care 7.30am until 6.00pm**

**7.30am Breakfast Club - £2.40 a day**

**7.45am Breakfast Club - £1.90 a day**

**8.00am Breakfast Club - free**

**After School club 3.15pm until 4.00pm £2.50 a day**

**Extra Club 4.00pm until 6.00pm £4.50 a day**

**Please contact the school on  
01274 639049**

# LITTLE ACORNS NURSERY

Little Acorns Nursery  
At Swain House Primary School  
Do you have a 2 year old?  
September, January and April intake

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



We have full & part time places available

With wraparound care  
7.30am until 6.00pm

Please contact the school on  
01274 639049

# 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 **16.01.26**.

### Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	100%	0
Willow	95.7%	0
Kandinsky	92.0%	2
Matisse	99.2%	6
Lowry	98.8%	2
Van Gogh	99.3%	0

### Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	94.7%	1
Roald Dahl	96.3%	3
JK Rowling	95.6%	3
Michael Morpurgo	97.4%	1
Elgar	96.5%	1
Mozart	97.9%	0
Beethoven	88.9%	3
Vivaldi	93.3%	0

Congratulations to **Elm Class** and **Mozart Class** for having the **best attendance** this week.

Congratulations to **Elm Class, Willow Class, Van Gogh Class, Mozart Class and Vivaldi Class** for having **no lates!**

Our whole school attendance this week:

96.2%

## 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 'Digital Devices & Wellbeing'.
LETTERS:	12.01.26 - Parents Evening 28.01.26 15.01.26 - Van Gogh Class Assembly
MESSAGES VIA PARENTAPPS:	16.01.26 - Year 5 Homework

# COMMUNITY NEWS



**ASPIRE**  
PRO COACHING ACADEMY

**BOYS**  
**DEVELOPMENT**  
**SESSIONS**

**Goals**  
**Bradford**

**SCAN**



**TUESDAYS**

**AGES 6-9**

**5-6PM**

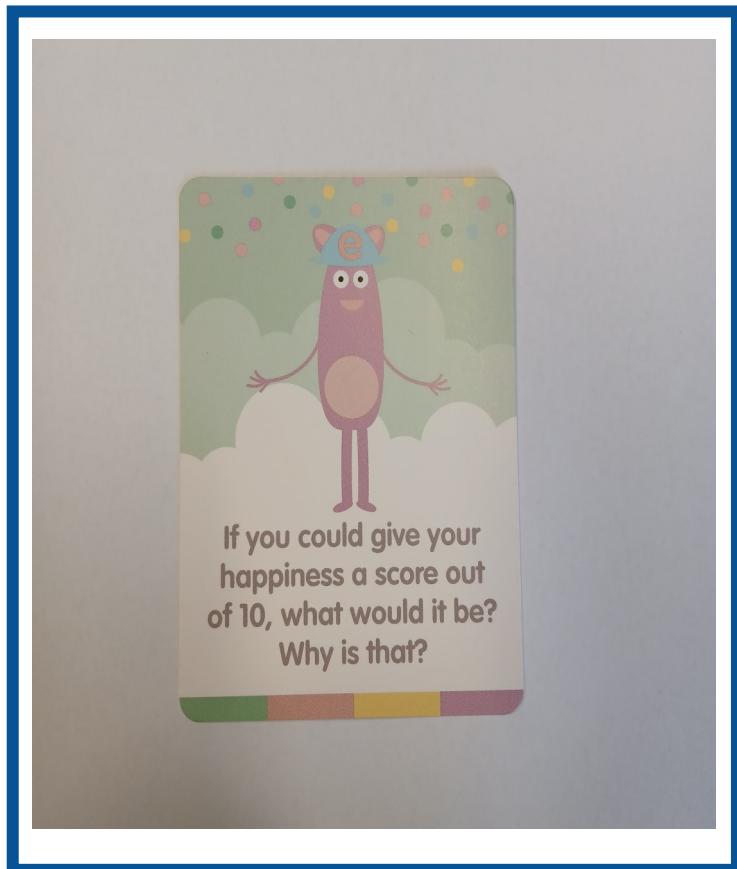
# MYHAPPYMIND

## 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.

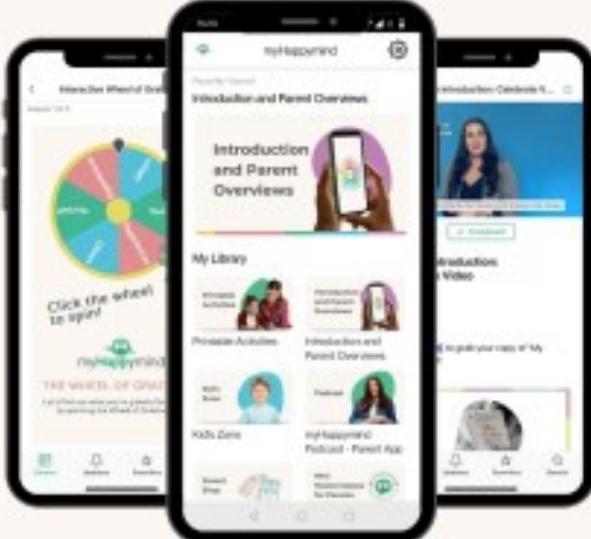


# MYHAPPYMIND APP

The myHappymind app includes lots of fantastic features such as—kids zone, myHappymind games and mini master classes for parents .



## Download your FREE myHappymind Parent App

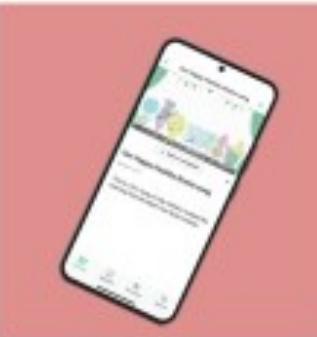


...An online resource to support you and your family to learn more about how you can use myHappymind to support your child.



**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



# REMINDERS

## BREAKFAST CLUB AFTER SCHOOL

Our Breakfast Club opens at 7.30am at a cost of £2.40 each per day or at 7.45am at the cost of £1.90 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.

We have a free Breakfast Club 8.00am—8.30am

If you would like to book this please use ParentApps

## 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 6.00pm 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.**

**If you have any problems booking any of our before or after school clubs, please contact Miss Armitage, one of our learning mentors.**

## DIARY DATES

**ANY NEWLY ADDED ITEMS WILL BE IN BLUE**

DAY	DATE	TIME	EVENT
FRIDAY	23.01.26		YEAR 5 INDUSTRIAL MUSEUM VISIT
WEDNESDAY	28.01.26	3.10PM - 6.15PM	PARENTS EVENING
THURSDAY	12.02.26		NON UNIFORM & TOY DAY
THURSDAY	12.02.26		SCHOOL CLOSES

# COMING UP IN SPRING TERM

## SPRING TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	22.01.26	2.20pm	Van Gogh Class Assembly
Thursday	29.01.26	2.20pm	Michael Morpurgo Class Assembly
Thursday	05.02.26	2.20pm	Elgar Class Assembly
Thursday	12.02.26	2.20pm	Lowry Class Assembly
Thursday	26.02.26	2.20pm	JK Rowling Class Assembly
Thursday	12.03.26	2.20pm	Kandinsky Class Holi Assembly
Thursday	19.03.26	2.20pm	Roald Dahl Class Passover Assembly
Tuesday	24.03.26	2.20pm	Mozart Class Easter Assembly

## DATES TO REMEMBER!



Toy Day and non-uniform—Thursday 12th

February 2026



NCW

SAVE THE DATE  
FOR #NCW2026



# MENU 19/01/26



Homemade bread,  
selection of seasonal  
vegetables / fresh salad  
and fresh fruits served  
daily

# Swain House Primary School

MON	TUES	WED	THUR	FRI
<p><b>Halal Rich &amp; Creamy Meat Lasagne</b> (Red Tractor Accredited HMC Beef Mince in a rich Tomato Sauce with Herbs &amp; Garlic layered with Pasta Sheets and a Creamy Cheese Sauce, served with Garlic Bread)</p> <p><b>Rich &amp; Creamy Meat Lasagne</b> (Red Tractor Accredited Beef Mince in a rich Tomato Sauce with Herbs &amp; Garlic layered with Pasta Sheets and a Creamy Cheese Sauce, served with Garlic Bread)</p> <p><b>Spaghetti Marinara</b> (A Tomato and mildly spiced Sauce combined into cooked Spaghetti, topped with Cheese)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p> <p><b>Chocolate Sponge &amp; Chocolate Sauce</b> (Homemade, light Chocolate Sponge, served with Chocolate Sauce)</p>	<p><b>Chicken Tikka Masala with Pilau Rice / Naan Bread</b> (Red Tractor Accredited diced Chicken &amp; Chickpeas in a mild Curry Sauce with Pilau Rice or Naan Bread)</p> <p><b>Creamy Mac &amp; Cheese</b> (A Macaroni Pasta dish, coated in a Creamy Mature Cheddar Sauce, served with Crusty Bread)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p>	<p><b>Roast Meat Dinner</b> (Red Tractor Accredited Meat (either Gammon, Turkey or Pork Loin) served with Yorkshire Pudding, Roasties &amp; Gravy)</p> <p><b>Halal Roast Chicken Breast</b> (Red Tractor Accredited HMC Chicken Breast, served with Yorkshire Pudding, Roast Potatoes &amp; Vegan Gravy)</p> <p><b>Toad in the Hole</b> (Oven Baked Sausage baked in a light Batter, served with Roast Potatoes)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p>	<p><b>Classic Cheese &amp; Tomato Pizza with Coleslaw &amp; Salad</b> (Wholesome 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)</p> <p><b>Arrabiata Pasta</b> (Chili Tomato Sauce with Lentils and Peppers, served with Pasta &amp; Crusty Bread)</p> <p>Assorted Jacket Potatoes</p>	<p><b>MSC Breaded Fish Fillet Fingers</b> (MSC Fish Fillet Fingers, served with Seasoned Potatoes)</p> <p><b>Southern Fried Chicken Goujons &amp; Garlic Mayo</b> (Red Tractor Accredited pre-mixed Breaded Chicken, served with Garlic Mayonnaise &amp; baked Jacket Potato)</p> <p><b>Vegetable Samosa</b> (Vegetables with a light Spice encased in Pastry &amp; Baked, served with Raita)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p>
<p><b>Beef &amp; Red Lentil Bolognaisse &amp; Garlic Bread</b> (Red Tractor Accredited Beef Mince &amp; Lentils in a Tomato Sauce served with Pasta &amp; Garlic Bread)</p> <p><b>Halal Keema Biryani</b> (Red Tractor Accredited HMC Beef Mince &amp; Peas in a Spicy Pilau Rice)</p> <p><b>Pomodoro Pasta</b> (A simple, delicious Red Tomato Sauce with Beans, served with Garlic Bread)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p> <p><b>Decorated Fruit Jelly</b> (Jelly with Fruit, topped with Fresh Cream)</p>	<p><b>Traditional Chicken Pie</b> (Red Tractor Accredited diced Chicken Pieces in a Rich Gravy with Vegetables, topped with a Golden Pastry Lid served with Potatoes)</p> <p><b>Golden Cheese Whirl</b> (Cheese, Potato &amp; Onion encased in Puff Pastry, served with Baked Jacket Wedges)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p>	<p><b>Roast Meat Dinner</b> (Red Tractor Accredited Meat (either Gammon, Turkey or Pork Loin) served with Yorkshire Pudding, Roasties &amp; Gravy)</p> <p><b>Halal Roast Chicken Breast</b> (Red Tractor Accredited HMC Chicken Breast, served with Yorkshire Pudding, Roast Potatoes &amp; Vegan Gravy)</p> <p><b>Hearty Shepherd's Pie</b> (Soya Mince, Veg and Gravy Topping, topped with Mashed Potato)</p> <p>Assorted Jacket Potatoes / Selection of Sandwiches</p>	<p><b>Classic Cheese &amp; Tomato Pizza with Coleslaw &amp; Salad</b> (Wholesome 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)</p> <p><b>Arrabiata Pasta</b> (Chili Tomato Sauce with Lentils and Peppers, served with Pasta &amp; Crusty Bread)</p> <p>Assorted Jacket Potatoes / Selection of Sandwiches</p>	<p><b>MSC Battered Fish Fillet</b> (MSC Battered Fillet of Fish, served with Baked Jacket Wedges)</p> <p><b>Vegetable Pakoras</b> (Mixed Vegetables &amp; Onion coated in Tempura Batter, served with Baked Jacket Wedges &amp; Raita)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p>
<p><b>Creamy Chicken Pasta &amp; Crusty Bread</b> (Red Tractor Accredited diced Chicken in a homemade Creamy Sauce with Garlic, served with Penne Pasta)</p> <p><b>Halal Chicken Bhuna</b> (Red Tractor Accredited HMC Chicken stir fried and slow cooked in a spicy Bhuna Masala)</p> <p><b>BBQ Quorn Pasta</b> (Quorn Pieces in a barbecue flavoured Tomato Sauce, served with Wholesome Pasta)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p> <p><b>Apple Crumble &amp; Custard</b> (Sliced Apples topped with Oat Crumble, served with Custard)</p>	<p><b>Loaded Wedges with a Mild Mexican Chilli &amp; topping</b> (Red Tractor Accredited Beef Mince in a mild, homemade Chilli Sauce, served on Baked Jacket Wedges)</p> <p><b>Loaded Wedges with a mild Mexican Veg Chilli</b> (Vegan Mince in a mild, homemade Chilli Sauce, served on Baked Jacket Wedges with toppings)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p> <p><b>Peaches &amp; Ice Cream with Syrup</b> (Vanilla Ice Cream with Tinned Peach Slices with a Chocolate flavoured Syrup)</p>	<p><b>Sausage in Gravy with Yorkshire Pudding</b> (Red Tractor Accredited Sausage, served with Yorkshire Pudding)</p> <p><b>Halal Cottage Pie</b> (Red Tractor Accredited HMC Beef Mince in a Gravy with Onions, topped with Mashed Potatoes &amp; Cheese served with Yorkshire Pudding &amp; Gravy)</p> <p><b>Savoury Mince topped Tatties</b> (Soya Mince, Vegetables &amp; Potatoes, served with a Yorkshire Pudding)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p> <p><b>Cornflake Tart</b> (Pastry base with Cornflakes and Syrup, served with Custard)</p>	<p><b>Classic Cheese &amp; Tomato Pizza with Coleslaw &amp; Salad</b> (Wholesome 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)</p> <p><b>Spaghetti Marinara</b> (A Tomato and mildly spiced Sauce combined into cooked Spaghetti, topped with Cheese)</p> <p>Assorted Jacket Potatoes / Selection of Sandwiches</p>	<p><b>MSC Breaded Fish Fillet Fingers</b> (MSC Fish Fillet Fingers, served with Seasoned Potatoes)</p> <p><b>MSC Salmon &amp; Sweet Potato Fishcake</b> (MSC Salmon &amp; Sweet Potato, served with Seasoned Potatoes)</p> <p><b>American Style Quorn Hot Dog</b> (Quorn Sausage, served in a White Bun with Seasoned Potatoes)</p> <p>Assorted Jacket Potatoes /  Hot Sub Roll</p> <p><b>Chocolate Sponge &amp; Chocolate Sauce</b> (Homemade, light Chocolate Sponge, served with Chocolate Sauce)</p> <p><b>Chocolate Crispy Crunch</b> (A sweet Bar made from Puffed Rice, Cocoa &amp; Syrup)</p>
<p><b>WEEK 1</b></p>	<p><b>WEEK 2</b></p>	<p><b>WEEK 3</b></p>	<p><b>WEEK 4</b></p>	<p><b>WEEK 5</b></p>



the food quarter

For full allergen  
& nutritional  
information  
head to our app



City of  
**BRADFORD**  
METROPOLITAN DISTRICT COUNCIL

# NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is about 'Digital Devices & Wellbeing'.

## What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

### WHAT ARE THE RISKS?

#### SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

#### ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

#### CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

#### REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

#### EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

#### PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

### Advice for Parents & Educators

#### SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

#### ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

#### MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

#### PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

#### Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.

**#WakeUpWednesday**

The National College