

# NEWSLETTER

FRIDAY 29TH NOVEMBER 2024



TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

## YEAR 5 RESIDENTIAL TO MALHAM!

We had a brilliant time on our Year 5 Malham residential last week. We wrapped up warm and enjoyed exploring this area of the Yorkshire Dales. We climbed the 403 steps to the top of Malham cove and experienced a view to remember. We heard about the legend of the Queen of the fairies Janet Foss and ventured through the woodlands to her magical waterfall. We climbed across rocks and drank water from a fresh stream as we visited Gordale Scar. We also, put on our caving suits and head torches and had the chance to explore the natural caves near Whernside. Over the three days we all did many thousands of steps and in the process created many fabulous memories.






# SPOTLIGHT ON LEARNING

Year 2 have been writing news reports about how we marked Remembrance Day at school. Here are some of their excellent pieces!

**SWAIN HOUSE MAIL**

Friday 22<sup>nd</sup> November 2024 50p


Remembrance Day!



On Friday 9<sup>th</sup> of November we celebrated Remembrance Day. We all came in respectful clothing. We learned about the trenches with rats it was muddy and dirty. Then we learned about the nurses in the war there was field hospitals. It was really in the war.

We all went to a special assembly about the war. We had a ten minutes silence. I enjoyed the day and am looking forward for next year!


from Ayat Noor Sabir



**SWAIN HOUSE MAIL**


Friday 22<sup>nd</sup> November 2024 50p

Remembrance Day.



On Friday 9<sup>th</sup> November we celebrated Remembrance Day. We wore red and black clothing. Next the children went to assembly. Where we did two minutes silence. Finally the children learnt all


about the war.



**SWAIN HOUSE MAIL**

Friday 22<sup>nd</sup> November 2024 50p


At Swain House Primary we celebrated Remembrance Day!



On Remembrance Day 8<sup>th</sup> November Friday 2024 children came to school in black and red clothing. First children came to school in poppies and poppy snappers and things like that. Then next they learnt about those in the war and what it was like.

Reported by Scarlett

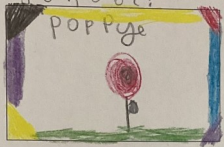
Finally the children went to an assembly and the assembly was interesting. At last we not least they had a fantastic day learning about the soldiers in world war 1!



**SWAIN HOUSE MAIL**

Friday 22<sup>nd</sup> November 2024 50p

Remembrance day at Swain house primary school!

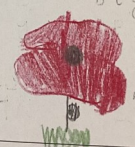


I am writing this report because I am going to tell you about Remembrance day. On Friday 8<sup>th</sup> November 2024. First the kids learnt about doctors in world war 1.

Reported by Maya

Then the kids wore red and black and wore poppies and snappers.

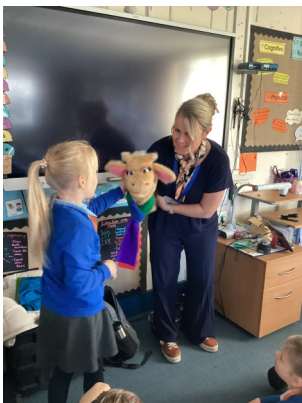
Finally they went to an assembly. We hope we they get to do it again.



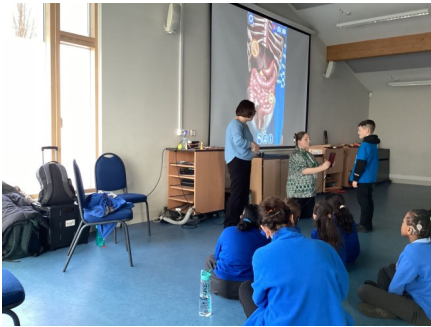


# LIFE EDUCATION CENTRE SESSIONS

All children in school enjoyed a session with the life Education Centre this week. The children had the opportunity to explore a range of health related issues.



# LIFE EDUCATION CENTRE SESSIONS



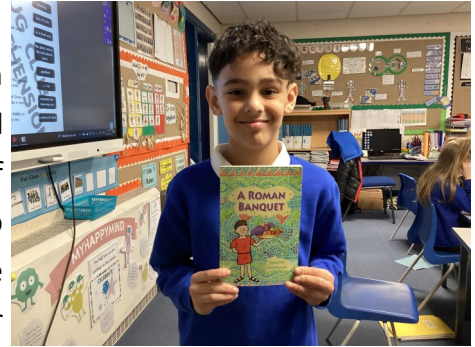


# READING PLANET REVIEWS!

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.

## **A Roman Banquet— Venus Level**

I enjoyed this book because it tells us all about the main character, Titus, and his life in the Roman times. I enjoyed learning about his daily life and the way he learns. He uses lots of different things, including the abacus, which was interesting to learn about. This book also links to our history topic of the Romans and it was clear to see how different life was. Other children in my class have read this too and really enjoyed it.



**Isaac —Year 4**



# CONGRATULATIONS!

We would like to say a huge congratulations to Molly on the safe arrival of her daughter Harper, who was born on 8th November 2024. We have been really privileged here at school because little Harper has already been in to visit us, as she comes with her mummy to bring her big sister to school.





# SHARING YOUR NEWS!



Millie in Year 1 has recently won a medal at her dance class and has been chosen for a dance competition. Well done Millie!

Renezmae in Year 2 has been really enjoying her gymnastics lessons and last week she worked really hard on bending backwards into a crab position. Well done Renezmae!



Ivy in Year 2 went to the industrial museum at the weekend and held a rare owl. She was very excited!

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!**





# SWAIN HOUSE CHRISTMAS FAIR!

We would like to say a huge thank you to everyone who has donated to our Christmas fair. If you have any more contributions of bottles or any items for our bric-a-brac stall we would be very grateful!

Aspire Believe Persevere  
Achieve

SWAIN HOUSE  
PRIMARY SCHOOL

★ *Join us at* ★

SWAIN HOUSE  
PRIMARY SCHOOL  
CHRISTMAS  
FAIR

TOMBOLAS.GAMES.RAFFLES.MUSIC.STALLS  
AND DELICIOUS TREATS!

FRIDAY 6TH DECEMBER • 4.00PM - 5.30PM

If you would like to have a stall at our  
fair please email your interest to  
[friends@swainhouse.bradford.sch.uk](mailto:friends@swainhouse.bradford.sch.uk)

Entrance  
50p

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!**





# CHRISTMAS AT SWAIN HOUSE 2024!



Friday 22 <sup>nd</sup> November	Non Uniform for a bottle
Wednesday 4 <sup>th</sup> December	Non Uniform for chocolates and sweets
Wednesday 4 <sup>th</sup> December	Jack and the Beanstalk Panto
Friday 6 <sup>th</sup> December	Christmas Fair
Thursday 12 <sup>th</sup> December	Christmas Lunch
Thursday 12 <sup>th</sup> December	Christmas Jumper Day
Friday 13 <sup>th</sup> December	Christmas Toy Raffle
Monday 16 <sup>th</sup> December	Christmas Parties – all year groups
Tuesday 17 <sup>th</sup> December 10am and 2pm	EYS Nativity/Christmas Performance for parents
Wednesday 18 <sup>th</sup> December	10.00 am LKS2 Carol Concert
Wednesday 18 <sup>th</sup> December	2.00 pm UKS2 Carol Concert
Thurs 19 <sup>th</sup> December 5pm – 6.30pm	Glitz n Glam Disco
Thurs 19 <sup>th</sup> December 10am and 2pm	KS1 Nativity for Parents
Friday 20 <sup>th</sup> December	Swain House has Got Talent
Friday 20 <sup>th</sup> December	Non-Uniform day





# CHRISTMAS CRAFTS 2024!



## Christmas Craft Sessions

<u>Year Group</u>	<u>Date</u>	<u>Times</u>
Little Acorns Nursery	Thursday 5 <sup>th</sup> December 2024	10.00 – 10.45 2.00 – 2.45
Great Oak Nursery	Thursday 5 <sup>th</sup> December 2024	10.00 – 10.45 2.00 – 2.45
Reception	Thursday 5 <sup>th</sup> December 2024	9.00 – 9.45 2.00 – 2.45
Year 1	Wednesday 11 <sup>th</sup> December 2024	2.00 – 2.45
Year 2	Tuesday 10 <sup>th</sup> December 2024	2.00 – 2.45
Year 3	Monday 2 <sup>nd</sup> December 2024	2.00 – 2.45
Year 4	Monday 2 <sup>nd</sup> December 2024	2.00 – 2.45
Year 5	Monday 9 <sup>th</sup> December 2024	2.00 – 2.45
Year 6	Friday 13 <sup>th</sup> December 2024	2.00 – 2.45

# SWAIN HOUSE HAS GOT TALENT!

The children in KS2 will have the opportunity to audition to be part of 'Swain House has got Talent'. We are looking forward to seeing what they have planned!



Classroom Auditions start: 2nd Dec



# MYHAPPYMIND

## OUR CONVERSATION CARD OF THE WEEK



### Enjoy a conversation!

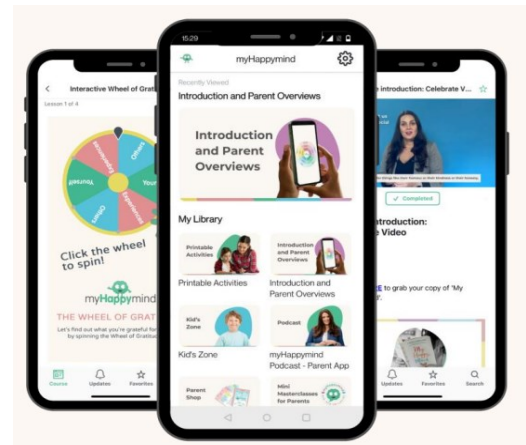
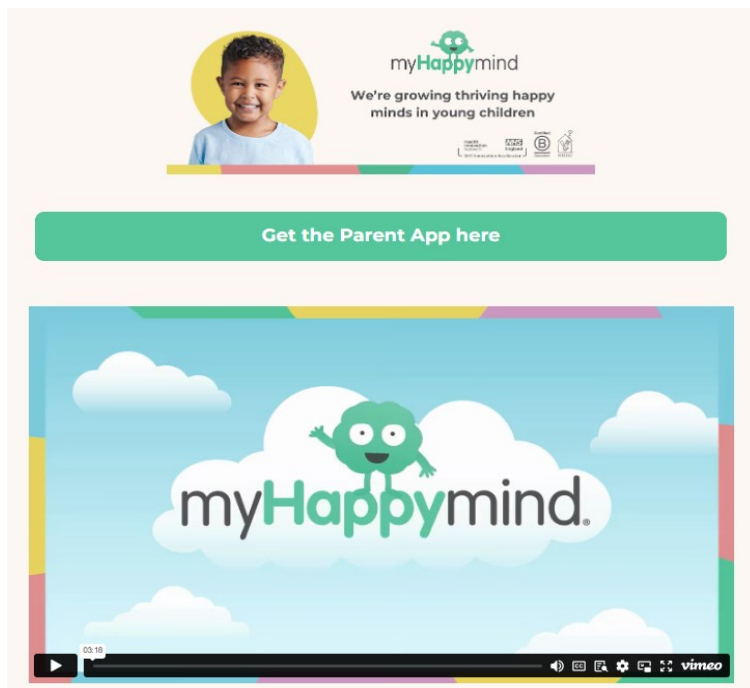
Each week we will share a conversation card. These are designed to help you have meaningful and fun conversations with your child and aid discussions about mental health and happiness.



# 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**



# 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 **29/11/24**.

### Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	89.6%	4
Willow	93.8%	7
Kandinsky	95.5%	2
Matisse	94.2%	2
Lowry	94.7%	4
Van Gogh	91.5%	0

### Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	96.6%	1
Roald Dahl	95.2%	1
JK Rowling	96.4%	1
Michael Morpurgo	94.7%	4
Elgar	97.7%	4
Mozart	96.8%	4
Beethoven	96.1%	1
Vivaldi	99.3%	0

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

Well done to **Van Gogh Class** and **Vivaldi Class** for having **no lates!**

Our whole school attendance this week:

**95.2%**

## 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 'Managing Stress'.
LETTERS:	25.11.24 - Year 6 Gurdwara Visit 29.11.24 - Christmas Lunch
MESSAGES VIA PARENTAPPS:	29.11.24 - Year 5 Homework

# HELP GREAT OAK NURSERY

## GET EXTRA RESOURCES FOR YOUR CHILD



### DID YOU KNOW

We can claim £300 of additional funding for every eligible 3 or 4 year old in our care.

This money helps us provide activities and new equipment to benefit your child.

### HOW CAN YOU HELP?

If you receive one of the benefits listed, we will be able to access this Early Years Pupil Premium funding for your child.

To check if your child is eligible, **scan the QR code** with your phones camera and complete the form or call the office on **01274 639049**



### DO YOU RECEIVE ANY OF THE FOLLOWING BENEFITS:

- Income Support
- Income-based Job Seekers Allowance
- Guaranteed Element of State Pension Credit
- Universal Credit, and household income is less than £7,400 a year after tax, not including benefit payments
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of less than £16,190)
- Working Tax Credit run on paid for 4 weeks after you stop qualifying for Working Tax Credit.
- Support under Part Vi of the Immigration and Asylum Act 1999 or if your child has been looked after by the Local Authority for at least one day, adopted from care, left care through special guardianship or subject to a child arrangement order.





# COMMUNITY NEWS



## CHRISTMAS AT BRADLEY WOOD

CHRISTMAS STALLS  
FESTIVE FOOD & DRINK  
VISIT SANTA  
CHRISTMAS CRAFTS  
ZIP WIRE, CAVE BUS, TOMAHAWKS AND MORE!  
SANTA VISIT - £12PP, PRE-BOOKING REQUIRED  
EMAIL BOOKINGS@BRADLEYWOOD.ORG.UK

**SATURDAY 7TH DECEMBER**  
1000-1700

BRADLEY WOOD SCOUT CAMPSITE,  
SHEPHERDS THORN LANE,  
BRIGHOUSE, HD6 3TT



**City Hub**

**BOOKING IS REQUIRED  
PLEASE EMAIL CITY HUB OR  
BOOK ON EVENTBRITE**

## Christmas Activity Days

**16 DECEMBER** Christmas Craft time  
12-4PM - FILM & CRAFT DAY  
OPEN TO ALL AGES, MUSIC, FILM AND CHRISTMAS DECORATION ACTIVITIES AS WELL AS DISCOUNTED HOT AND COLD FOOD AND DRINKS

**17 DECEMBER** Teddy Bear Picnic & Santa Letter Writing  
10-12 : COFFEE MORNING, COME AND ENJOY A HOT DRINK & GREAT ATMOSPHERE WITH CRAFTS AVAILABLE  
12-30-4 - TEDDY BEAR PICNIC - BRING YOUR OWN OR TAKE HOME A BEAR.

**18 DECEMBER** Biscuit Decorating  
10-4PM  
OPEN TO ALL AGES, MUSIC, FILM AND CHRISTMAS CARD MAKING, BISCUIT DECORATING PLUS OTHER ACTIVITIES AS WELL AS SANTAS GIFT PICK

**19 DECEMBER** Christmas Friendship Group  
10-1PM - FRIENDSHIP CAFE WITH CHRISTMAS ACTIVITIES. ALL WELCOME AND DEMENTIA FRIENDLY  
Food Pantry & Coffee Afternoon  
1-30-4PM - WINTER WARMER FOOD PACKAGES AVAILABLE & DISCOUNTED HOT & COLD FOOD & DRINK

**21 DECEMBER** Grab a Gift from Santas Work shop  
10-3pm  
COME AND MEET OUR ELVES AND BROWSE OUR WORKSHOP FOR CHRISTMAS GIFTS - ALL AVAILABLE FOR A SMALL DONATION. CHOOSE FROM OUR SURPRISE STALL FOR EXTRA CHRISTMAS CHEER

**22 DECEMBER** Christmas Grotto  
10-3pm  
COME SEE SANTA & HIS FRIENDS IN THE FOUNDATION GROTTTO AND ENJOY A FESTIVE FILM AND DISCOUNTED HOT & COLD DRINKS AND FOOD AVAILABLE

For more information please email :  
cityhub@bcfccommunity.co.uk



**The Bolton Woods Centre**

**BE WELL**  
Connected C.I.C.

## LET'S EAT TOGETHER

*Warm Space*

'A space where people can gather for free in a safe, friendly place and enjoy some food and good company'

*Bingo from 5pm* **BINGO!**

**WARMSPACE**

The Bolton Woods Centre  
Every Wednesday  
4PM - 6PM

**ASDA Foundation**



**THE BOLTON WOODS**

## HOLIDAY, ACTIVITIES & FOOD PROGRAMME

**THIS YEAR, WE'RE OFFERING A  
SPECIAL CHRISTMAS HOLIDAY CLUB  
TO GIVE PARENTS EXTRA TIME FOR  
SHOPPING AND PREPARATIONS.**

**Saturday, 21st December:**  
Trip to Buckden House, 8:30am to 5pm.

**Sunday, 22nd December:**  
Arts and crafts, followed by a fun party day,  
9:30am to 4:30pm.

Your child must be registered before these dates to attend the HAF, Please pick up your registration forms from The Bolton Woods Centre, Ask for Jo or Nathan.  
Call: 01274 010173 for more information.

**FREE FOR CHILDREN RECEIVING FREE SCHOOL MEALS!**

**BRADFORD** **ALL-STAR** **BE WELL** **The Bolton Woods Centre**

# COMMUNITY NEWS



## INTER PERFORMANCE FOOTBALL DEVELOPMENT CENTRE



### KEY INFORMATION

#### AGES

5-12 YEAR OLDS

#### VENUE

#### GOALS BRADFORD

282 KING'S RD, BRADFORD BD2 1JP

#### ABILITIES

ALL ABILITIES ARE WELCOME

#### COST:

£29 A MONTH DIRECT DEBIT

#### DAYS/DATES

FRIDAYS 7:30-8:30 WEEK 1  
22TH NOVEMBER

#### OFFERS

SMALL GROUP SESSIONS  
1-1 SESSIONS

#### HOW TO BOOK

Email book your child's place or scan the QR Code  
Admin@interperformance.org



# 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.**

**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
Wednesday	04.12.24		Non Uniform Day—Bring chocolates/sweets
Friday	06.12.24		Year 6 Gurdwara Visit
Friday	06.12.24	4.00pm - 5.30pm	Swain House Christmas Fair
Thursday	12.12.24		Christmas Jumper Day
Friday	20.12.24		School Closes for Christmas
Monday	06.01.25		School Reopens

# COMING UP IN AUTUMN TERM

## AUTUMN TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	12.12.24	2.30pm	JK Rowling Hanukkah Assembly



A festive poster for the Swain House Primary School Christmas Fair. The background is dark green with white stars and yellow snowflakes. At the top left is a Santa Claus illustration. At the top center is the school logo with the motto 'Aspire Believe Persevere Achieve'. The main text reads 'Join us at SWAIN HOUSE PRIMARY SCHOOL CHRISTMAS FAIR'. Below this, it lists activities: 'TOMBOLAS.GAMES.RAFFLES.MUSIC.STALLS AND DELICIOUS TREATS!'. The date and time are 'FRIDAY 6TH DECEMBER • 4.00PM - 5.30PM'. Contact information is 'friends@swainhouse.bradford.sch.uk'. At the bottom, a red star says 'Entrance 50p' next to illustrations of Christmas gifts and a sweater.

Aspire Believe Persevere Achieve

SWAIN HOUSE PRIMARY SCHOOL

Join us at

SWAIN HOUSE  
PRIMARY SCHOOL  
CHRISTMAS  
FAIR

TOMBOLAS.GAMES.RAFFLES.MUSIC.STALLS  
AND DELICIOUS TREATS!

FRIDAY 6TH DECEMBER • 4.00PM - 5.30PM

If you would like to have a stall at our  
fair please email your interest to  
friends@swainhouse.bradford.sch.uk

Entrance  
50p

# MENU 02/12/24

Homemade bread, selection of seasonal vegetables or fresh salad served daily

## Swain House Primary School

Wk 1 - 4th Nov, 25th Nov, 10th Dec, 6th Jan, 27th Jan, 10th Mar, 31st Mar  
 Wk 2 - 11th Nov, 2nd Dec, 13th Jan, 3rd Feb, 24th Feb, 17th Mar  
 Wk 3 - 18th Nov, 9th Dec, 20th Jan, 10th Feb, 3rd Mar, 24th Mar



WEEK 1

MON	TUES	WED	THUR	FRI
<ul style="list-style-type: none"> <li>Vegetarian Chilli &amp; Nachos (Served with Garlic Bread or Rice &amp; Salad)</li> <li>Halal Beef Bolognaise (Served with Pasta, Garlic Bread &amp; Salad)</li> <li>Spaghetti Marinara (Served with Garlic Bread &amp; Salad)</li> <li>Assorted Jackets / Sandwiches</li> </ul>	<ul style="list-style-type: none"> <li>Minced Beef &amp; Onion Pie (Served with New Potatoes &amp; Seasonal Vegetables)</li> <li>Cheese &amp; Potato Flan (Served with New Potatoes, Seasonal Vegetables or Salad)</li> <li>Assorted Jackets / Sandwiches</li> </ul>	<ul style="list-style-type: none"> <li>Roast Meat (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables &amp; Gravy)</li> <li>Vegetarian Cottage Pie (Served with Yorkshire Pudding, Seasonal Vegetables &amp; Gravy)</li> <li>Halal Roast Chicken (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables &amp; Gravy)</li> <li>Assorted Baguettes</li> </ul>	<ul style="list-style-type: none"> <li>Cheese &amp; Tomato Pizza with Chipped Potatoes (Served with Chipped Potatoes, Baked Beans or Salad)</li> <li>Quorn Sausage (Served with Chipped Potatoes &amp; Salad)</li> <li>Assorted Jackets / Sandwiches</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Goujons (Served with Jacket Wedges, Coleslaw or Salad)</li> <li>MSC Battered Fish (Served with Jacket Wedges and Seasonal Vegetables or Salad)</li> <li>Vegetable Pakoras (Served with Jacket Wedges, Riata &amp; Salad)</li> <li>Assorted Sandwiches</li> </ul>
<ul style="list-style-type: none"> <li>Jam Sponge (Served with Custard)</li> <li>Freshly Prepared Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Jelly</li> <li>Freshly Prepared Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Sprinkle Cake (Vanilla Sponge topped with water icing and sprinkles)</li> <li>Freshly Prepared Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate Sponge (With Chocolate Sauce)</li> <li>Freshly Prepared Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Butterfly Buns</li> <li>Freshly Prepared Fruit</li> </ul>

WEEK 2

<ul style="list-style-type: none"> <li>Spicy Vegetable Spring Roll (Served with Riata, Jacket Wedges, Salad or Sweetcorn)</li> <li>Halal Meat Lasagne (Served with Garlic Bread &amp; Salad)</li> <li>Vegetarian Lasagne (Served with Garlic Bread &amp; Salad)</li> <li>Assorted Baguettes</li> </ul>	<ul style="list-style-type: none"> <li>Meat Chilli (Served with Rice &amp; Salad)</li> <li>Halal Chicken Jalfrezi (Served with Pilau Rice &amp; Salad)</li> <li>Pomodoro Pasta (Served with Fusilli Pasta, Crusty Bread &amp; Salad)</li> <li>Assorted Jackets</li> </ul>	<ul style="list-style-type: none"> <li>Roast Meat (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables &amp; Gravy)</li> <li>Cheese Roll (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables &amp; Gravy)</li> <li>Quorn Roast Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables &amp; Gravy)</li> <li>Assorted Baguettes</li> </ul>	<ul style="list-style-type: none"> <li>Cheese &amp; Tomato Pizza with Wedges (Served with Jacket Wedges, Coleslaw &amp; Salad)</li> <li>Loaded Vegetable Pizza (Served with Jacket Wedges, Coleslaw &amp; Salad)</li> <li>Assorted Jackets / Sandwiches</li> </ul>	<ul style="list-style-type: none"> <li>All Day Brunch (Sausage, Scrambled Egg, Baked Beans, Chips or Hash Brown &amp; Bread and Butter)</li> <li>MSC Fish Fingers (Served with Chipped Potatoes &amp; Baked Beans or Salad)</li> <li>All Day Vegetarian Brunch (Quorn Sausage, Scrambled Egg, Baked Beans, Chips &amp; Bread and Butter)</li> <li>Assorted Sandwiches</li> </ul>
<ul style="list-style-type: none"> <li>Flapjack</li> <li>Freshly Prepared Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Honey Cake (Sponge Cake topped with Honey, served with Custard)</li> <li>Freshly Prepared Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Lemon Shortcake (Served with Custard)</li> <li>Freshly Prepared Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate Sponge (With Chocolate Sauce)</li> <li>Freshly Prepared Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Volcano Buns (Cookies with a Jam / Lemon filled middle)</li> <li>Freshly Prepared Fruit</li> </ul>

WEEK 3

<ul style="list-style-type: none"> <li>Pork Meatballs in Tomato Sauce (Served with Spaghetti, Garlic Bread &amp; Salad)</li> <li>Halal Chicken Biryani (Served with Flat Bread &amp; Salad)</li> <li>Arrabiata Pasta (Served with Garlic Bread &amp; Salad)</li> <li>Assorted Baguettes</li> </ul>	<ul style="list-style-type: none"> <li>Savoury Roll (Served with Jacket Wedges &amp; Salad or Sweetcorn)</li> <li>Homemade Cheese &amp; Onion Pasty (Served with Jacket Wedges &amp; Salad or Sweetcorn)</li> <li>Assorted Jackets</li> </ul>	<ul style="list-style-type: none"> <li>Roast Meat (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables &amp; Gravy)</li> <li>Halal Roast Chicken (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables &amp; Gravy)</li> <li>Vegetarian Toad in the Hole (Served with Roast Potatoes, Seasonal Vegetables &amp; Gravy)</li> <li>Assorted Baguettes</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Burrito (Served with Tortilla Chips, Coleslaw or Salad)</li> <li>Cheese &amp; Tomato Pizza with Tortilla Chips (Served with Tortilla Chips, Coleslaw &amp; Salad)</li> <li>Mexican Burrito (Served with Tortilla Chips, Coleslaw or Salad)</li> <li>Assorted Jackets</li> </ul>	<ul style="list-style-type: none"> <li>MSC Fishcake (Served with Ketchup, Chipped Potatoes, Baked Beans or Salad)</li> <li>Vegetable Dippers (Served with Ketchup, Chipped Potatoes, Baked Beans or Salad)</li> <li>MSC Salmon &amp; Sweet Potato Fishcake (Served with Ketchup, Potato Wedges, Baked Beans or Salad)</li> <li>Assorted Sandwiches</li> </ul>
<ul style="list-style-type: none"> <li>Ice Cream Tubs</li> <li>Freshly Prepared Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Rice Pudding</li> <li>Freshly Prepared Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Paris Sandwich (Served with Custard)</li> <li>Freshly Prepared Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Marble Sponge (With Chocolate Sauce)</li> <li>Freshly Prepared Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Oat Cookie</li> <li>Freshly Prepared Fruit</li> </ul>



the food quarter

FM SERVICES





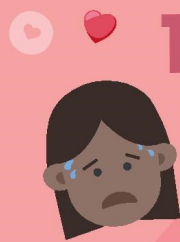
# NATIONAL ONLINE SAFETY

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

## Managing Stress

Stress is an uncomfortable experience of pressure or worry caused by problems in your life. Stress can cause many different symptoms and may affect how we feel physically, mentally, how we behave and make choices. It is not always easy to recognise when stress is the reason you are feeling or acting differently.

This guide will give you some top tips so that you can take action to reduce the symptoms of stress in your life.



### 1. WARNING SIGNS, PART 1

Warning signs of stress include emotional symptoms such as anxiety, fear or loss of confidence and cognitive symptoms such as poor concentration, poor memory or repetitive thoughts.



### 2. WARNING SIGNS, PART 2

Warning signs also include physical symptoms such as excessive sweating, racing heart rate, headaches and muscle tension. Behavioural symptoms might include, poor sleep, irritability, drinking excessive amounts of coffee or alcohol or losing your temper.



### 10. PRIORITISE WELLBEING

As a way of preventing stress, you should prioritise your wellbeing and be consistent about it. A one-off activity will have some impact, but it won't help you manage stress or maintain wellbeing in the long term.

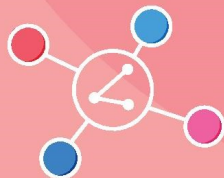
### 9. MANAGE YOUR TIME

Prioritising tasks, including emails and wellbeing activities, will be a crucial first step to change and taking control. Get someone to help you to keep on track with the change.



### 8. CHANGE YOUR PERSPECTIVE

Amend your thinking and expectations of what is possible or doable. Reduce the pressure on yourself by reframing the problem or accepting that not everything will be finished or perfect. Most of the time, good enough is ok.



### 7. USE YOUR SOCIAL NETWORK

Plan opportunities for fun and enjoyment with people you care about and who care about you. This could be sharing a new experience or an activity you enjoy doing together. Share and talk about your feelings too, sometimes that is all that is needed to cope.

### 3. UNDERSTAND YOUR TRIGGERS

Take time to reflect on situations which may be causing stress. Once you know what they are, you can begin to reduce your exposure to the stressors and/or manage the causes.



### 4. TAKE CONTROL

Often stress symptoms are caused by feeling out of control. Not doing anything about the stress triggers or symptoms will make things worse, so start by understanding what you can and what you can't control.

### 5. MAKE HEALTHY CHOICES

Plan regular, healthy activities which will reduce stress symptoms. These will be a non-negotiable part of your week and a regular antidote to stress.

### 6. INDUCE CALM

Activities known to help induce calm range from deep breathing, meditation and mindfulness to walking, outdoor exercise or gardening.



The National College

This guide is part of The National College staffroom poster series. A collection of information posters for your school staffroom.



#### Meet the Expert: Anna Bateman

Anna Bateman, subject matter expert on mental health & wellbeing and school improvement adviser

The National College | Remote video CPD to empower school leaders & teachers

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