

NEWSLETTER

FRIDAY 3RD MAY 2024



TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

FOREST CLUB

The children are really enjoying our Forest Club after school on a Tuesday. This week we worked in teams to make dens. We loved using our imagination and creativity to think about all the different things we may need in our dens!



NEWSLETTER

FRIDAY 3RD MAY 2024



TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

WILDLIFE AREA

Here at Swain House, we really value and treasure our outdoor spaces and we are always looking for opportunities to promote and increase outdoor learning. We have been working really hard recently to improve our Wildlife Area into a fun and engaging space for our pupils to learn. We are extremely excited about our new features and already the children are enthusiastic about their learning in this area. We will be adding more exciting features over the coming months and we will keep you informed as this progresses.



TALKING BRADFORD



The Talking Bradford Speech and Language pathway

The talking Bradford website provides lots of useful information about young children's speech and language.

'We want every child under the age of 5 who lives in the Bradford district to have the chance to be the best communicator or talker that they can be' - giving them the best start in life.'

Scan the QR code to access the website



TINY HAPPY PEOPLE WEBSITE

TINY Happy PEOPLE

Your words build their world

Tiny Happy People is a BBC website full of advice on children's language development, with ideas for how you can help your child to learn, activities to put these into practise and information on the benefits of doing them.

Click on the QR code to access the website.



HARRY'S 5KM CANCER RESEARCH RACE



Harry Thompson



Proud Partner
Standard Life
Part of Phoenix Group



Harry's Race for Life

Harry in Year 1 will be running a 5km race on Saturday 11th May to raise money for Cancer Research. We would like to wish him good luck and are incredibly proud of him!



Scan the QR code to access Harry's fundraising page, where you can donate if you wish.

Thank you!

RECEPTION PLACES SEPTEMBER 2024

We are really looking forward to meeting our new Reception starters soon. If your child has been offered a place at Swain House Primary School for September 2024, please return your acceptance slip in person to school or via email as soon as possible.

Office email - office@swainhouse.bradford.sch.uk

We still have a few places available for September 2024, if you are interested in your child having a Reception place at Swain House Primary School please contact the office on 01274 639 049 to come and visit our fantastic school!



COMMUNITY LIBRARY



Just a reminder that our wonderful community library is up and running. Please help yourself to any books you wish to borrow. Donations of children's books are also gratefully received—Thank you!



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.



I am reading **The Little Mermaid by Pippa Goodhart**. It is about a mermaid who makes friends on an island. For her 8th birthday the mermaid's dad gifts her a day with legs so that she can play with her friends. I loved this story and the meaning behind it. I would definitely recommend this story to my friends.

Jannat—Year 3



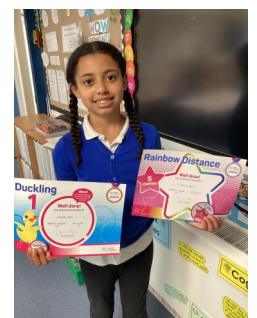
Hareem Hussain - Forbidden Classroom by Tony Bradman

This book is about a school called Rockhead Primary, which has a portal in their science lab. A group of children are chosen to join 'The Junior Sentinals', who have to deal with an alien that comes through this portal with the task of making our Earth more futuristic. I enjoyed this book because it was packed full of plot twists. I would recommend this book to children in Year 5

SHARING YOUR NEWS!

Emelia in Year 3 has been working hard during her swimming lessons. She has achieved two certificates and we are really proud of her. Well done Emelia!

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!**



ADDITIONAL BENEFITS AT SCHOOL

Do you think your child may be
entitled to additional benefits
at school?

They could receive:

- A 2 course school meal—free of charge
- School Uniform Voucher/ free school jumpers
- subsidised school residential
- places for extra curricular clubs
- priority places for any holiday schemes

Check your eligibility now

<https://www.bradford.gov.uk/benefits/applying-for-benefits/free-school-meals/>



Please speak to Mrs Broadbent or Miss Armitage if you
need any help or advice

THE GATEWAY TAKE OVER!

COMING TO A SCHOOL NEAR YOU!

COFFEE MORNING

The Gateway Take over



Swain House Primary School
Friday 10th May 2024
from 8.45am - 10am

**Games/Quizzes/activities
Raffle/Tombola
Information**

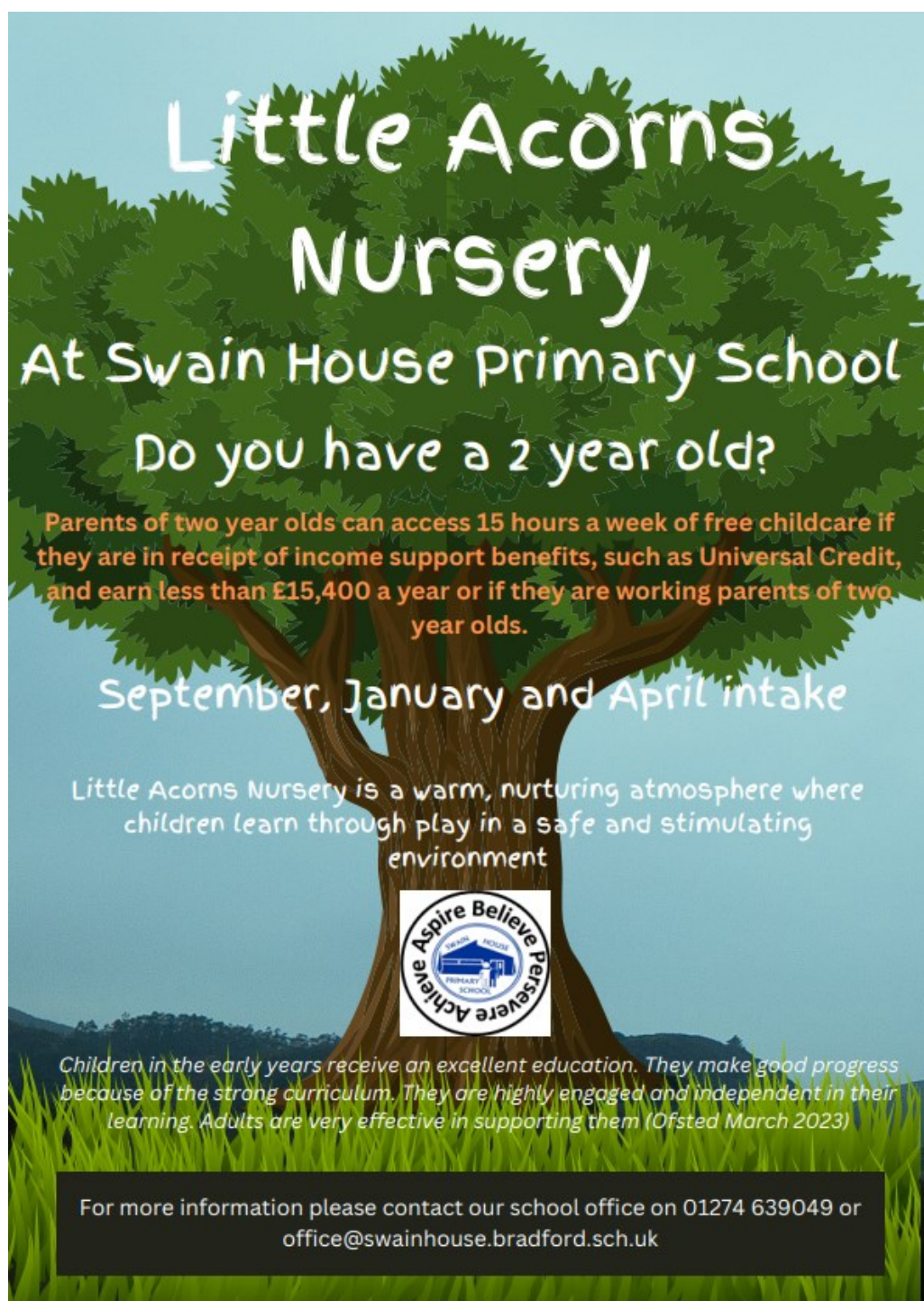
Ebony@ravenscliffe.org.uk 01274 636602

2 YEAR OLD FUNDED PLACES

WORKING FAMILIES 2 YEAR OLDS FUNDED EARLY EDUCATION AND CHILDCARE.

Did you know that working families are now eligible for 15 hours free childcare for 2 year olds?

We have places in our Little Acorns Nursery for 2 year olds. Please click on the link below to access the working families funded hours application form and contact us to book a place for your child. <https://fyi.bradford.gov.uk/information-advice/childcare-free-funding/funded-early-education-and-childcare/>




**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

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

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

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



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
TEL 01274 955130



SCAN ME



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
Tel | 01274 955130



SCAN ME





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


COMMUNITY NEWS

THE BOLTON WOODS
YOUTH CLUB
Wednesdays
4pm till 5:30pm

Ages 8 -16 years
ARTS AND CRAFTS, SPORTS, BAKING,
FILMS, MUSIC LESSONS, DANCE, GAMES

 **BEE WELL**
Connected C.I.C

 **ALL STAR**

 **The Bolton Woods Centre**
"The place Where Everybody's Welcome"

SEARCH JOIN US MOVE PLAY ON FACEBOOK

jU:MP DANCE

JU:MP IS HERE TO INSPIRE, ENERGISE AND SUPPORT OUR CHILDREN WITH FUN DANCE SESSIONS. WORKING ON A DIFFERENT RANGE OF DANCE STYLES TO GET YOU GROOVING!

Saturday Mornings During Term Time Only

WHERE: Bolton woods Community Centre, 71 Livingstone Rd, Bradford, BD2 1BD




TIME: 10.00am – 11.00am **AGES:** 5 - 14

FIRST SESSION IS FREE, £2 per session after

WEAR COMFORTABLE CLOTHING, bring your own WATER BOTTLE

For More INFO call LAURA LIDDON on 07719801013 or email LAURA.LIDDON@BRADFORD.GOV.UK

Follow us on Facebook @JUMPANCEBRADFORD, Instagram @2021JUMP DANCE, Twitter @JUMP DANCE2021

WISE OWLS (APR/JUN 2024) LANGUAGE DEVELOPMENT ADVICE DROP IN TERM-TIME ONLY

Find out
more
here →



KEIGHLEY & SHIPLEY

Monday, 9.00- 10.00am
Keighley Library, North Street, Keighley, BD21 3SX

BRADFORD WEST

Friday, 9.00 – 10.00am
Abbey Green Nursery, Green Lane, Bradford, BD8 8HT

BRADFORD EAST & BRADFORD SOUTH

Our Language Development Workers will be dropping into playgroups around the rest of the Bradford District.



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



COMMUNITY NEWS

Come and join a new Adventure?



We are looking for young people aged 6 - 14 to join our scout group, in Beavers, Cubs or Scouts! Want to make new friends, learn new skills and have fun?

If you answer YES! Then we could be the choice for you!



Beavers - Age 6 - 8 - Thursday 6:15pm - 7:30pm

Cubs - Age 8- 10.5 - Monday 6:30pm - 8pm

Scouts - Age 10.5 - 14 - Friday 7:30pm - 9pm

Our group meets at St Andrews Church Undercliffe on above nights, please contact us for more information via

email - Group29thbradfordnorth@hotmail.com or just turn up on the night relevant to you.



COMMUNITY NEWS



Parent/Carer Support Group

About Us:

The Parent Support Group is an online support group, facilitated by NHS mental health practitioners. The group is a safe space for parents to get together, share their experiences and build positive relationships. A different subject is discussed each month and parents will receive useful information and strategies around the chosen monthly topic. For an invite, please email: mhstparentsupport@bdct.onmicrosoft.com

Next Parents Support Group details: Tuesday 21st May 2024
Topic: "Supporting your child: Anger & Frustration".



Parent/Carer Support Group

Supporting Emotional and Mental Health



Tuesday
21st May



10:30am or
7:30pm



Held on Zoom

Please email the
address below

THIS MONTHS TOPIC: SUPPORTING YOUR CHILD: ANGER AND FRUSTRATION



In this months Parent Support Group, we will be discussing supporting children and young people when they experience anger and frustration. Within the session, we will think about helpful strategies that can be used to support with these feelings.

✉ mhstparentsupport@bdct.onmicrosoft.com

COMMUNITY NEWS



Bradford Active Dance Timetable 2023/2024

Sessions run term time only and break for school holidays.

Day	Location	Times	Ages
Monday	Cafe West, Wanstead Cres, BD15 7PA	5.00 - 5.45 6.00 - 6.45	4 - 7 years 8 - 14 years
Tuesday	The Gateway Centre, Thackeray Rd, BD10 0JR	4.00 - 4.45 5.00 - 5.45	4 - 7 years 8 - 14 years
Tuesday	Cafe West, Wanstead Cres, BD15 7PA	6.30 - 7.30	Adults Dance Fitness
Wednesday	St James Community Hall, Beaufort Grove, BD2 4LG	4.00 - 4.45 5.00 - 5.45	4 - 7 years 8 - 14 years
Thursday	St Bede's & St Joseph's Catholic College (Ignis Site) Cunliffe Road, BD8 7AP	5.00 - 6.00	4 - 14 years
Saturday	Bolton Woods Community Centre, Livingstone Road, BD2 1BD	10.00- 11.00	4 - 14 years
Sunday	Zara Sports Centre, Thorn Lane, Bingley Road, BD9 6NA	12.30 - 1.30	5 - 14 years

First session is **FREE** £2 per session after

For more information contact Laura -

bradfordactivedance@gmail.com / 07719801013

JOIN US:
MOVE. PLAY.

BE

BOLD.

BE

B.A.D

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 **03/05/2024**

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	95.8%	1
Willow	100%	0
Kandinsky	94.1%	1
Matisse	97.3%	3
Lowry	95.3%	2
Van Gogh	96.1%	3

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	95.1%	1
Roald Dahl	100%	0
JK Rowling	97.5%	1
J Wilson	96.3%	0
Elgar	98.3%	0
Mozart	93.9%	1
Beethoven	95.1%	1
Vivaldi	97%	1

Congratulations to **Willow Class, Matisse Class, Van Gogh Class, Roald Dahl Class, JK Rowling Class, Jacqueline Wilson Class, Elgar Class and Vivaldi Class** for having the **best attendance** this week.

Well done to **Willow Class, Roald Dahl Class, Jacqueline Wilson Class and Elgar Class** for having no lates!

Our whole school attendance this week:

96.5%

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**.

WEBSITE UPDATES:	National Online Safety - Stay Safe on new Devices
LETTERS:	02.05.24 - Van Gogh Class Wesak Assembly 03.05.24 - Parent Governor Election
MESSAGES VIA PARENTAPPS:	03.05.24 - Breakfast Club 03.05.24 - Year 5 Homework

COMING UP IN SUMMER TERM

SUMMER TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	09.05.24	2.30pm	Van Gogh Class Wesak Assembly
Thursday	16.05.24	2.30pm	Year 3 Residential Assembly
Thursday	06.06.24	2.30pm	Year 4 Residential Assembly
Thursday	13.06.24	2.30pm	Matisse Class Assembly
Thursday	20.06.24	2.30pm	Willow Class Assembly
Thursday	27.06.24	2.30pm	Elm Class Assembly
Thursday	04.07.24	2.30pm	Kandinsky Class Assembly
Thursday	18.07.24	1.45pm	Year 6 Leavers Production



YEAR 4 RESIDENTIAL

Children in Year 4 will be attending their residential to Nell Bank. They will be going on 8th May—10th May. Any questions, please speak to your child's class teacher.

Children can come to school wearing something green on Thursday 16th May—Let's turn the world green for good mental health!

More details to follow



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 Armitage, one of our learning mentors.

COMING UP THIS HALF TERM

ANY NEWLY ADDED ITEMS WILL BE IN BLUE

DAY	DATE	TIME	EVENT
Wednesday - Friday	08.05.24 - 10.04.24	N/A	Year 4 Nell Bank Residential
Tuesday	07.05.2024	10.30am - 11.15am 2.00pm - 2.45pm	Little Acorns Nursery Stay & Play Session
Wednesday	08.05.2024	10.30am - 11.15am 2.00pm - 2.45pm	Great Oak Nursery Stay & Play Session
Thursday	09.05.2024	9.00am - 9.45am 2.00pm - 2.45pm	Reception Stay & Play Session

MENU 06/05/24

Swain House Primary School WEEK 2

W/C
15th Apr, 6th May,
27th May, 17th June,
8th July

MENU

For full allergen & nutritional
information head to
<https://schoolmeals.bradford.gov.uk>



the foodquarter

Choose from...

MON

- ✓ Cheese Pasta Bake
- ✓ Soya Pasta Bolognese
- ✓ Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

Garlic Bread
Assorted Individual Salads

Desserts...

- ✓ Oat Cookie
- ✓ Freshly Prepared Fruit

Choose from...

TUE

- Mild Chicken Curry
- ✓ Halal Chicken Doplaza
- ✓ Quorn & Veg Fried Rice
- ✓ Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

Rice, Naan Bread
Seasonal Vegetables, Assorted Individual Salads

Desserts...

- ✓ Individual Ice Cream Tub
- ✓ Freshly Prepared Fruit

Choose from...

WED

- Savoury Mince in Yorkshire Pudding
- ✓ Halal Chicken Roll
- ✓ Cheese Roll
- ✓ Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

Creamed Potatoes, Yorkshire Pudding
Seasonal Vegetables, Assorted Individual Salads

Desserts...

- ✓ Cornflake Tart
- ✓ Freshly Prepared Fruit

Choose from...

THUR

- ✓ Cheese & Tomato Pizza
- Assorted Sandwiches

Chips
Baked Beans, Assorted Individual Salads

Desserts...

- ✓ Flapjack
- ✓ Freshly Prepared Fruit

Choose from...

FRI

- Fish Fingers
- ✓ Quorn Sausage in a Bun
- ✓ Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

Jacket Potato Wedges
Seasonal Vegetables, Assorted Individual Salads

Desserts...

- ✓ Chocolate Sponge
- ✓ Freshly Prepared Fruit

Suitable for...



VEGAN VEGETARIAN

FM
CATERING
SERVICES



NATIONAL ONLINE SAFETY

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

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.

What Parents & Educators Need to Know about **ENERGY DRINKS**

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine, often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.04.2024